

PLANT - MEDICINES

FOR MENOPAUSE + HORMONE BALANCE

Perimenopause and menopause can bring significant physical and emotional changes. Symptoms like hot flashes, mood swings, insomnia, skin changes, fatigue, and low libido can make this transition challenging or downright miserable. Plant medicines can offer gentle, effective support for navigating this transition, helping balance hormones and improve overall well-being. Below, we explore key plant medicines that can help ease menopause symptoms.

***Remember — always talk to your medical provider before starting anything new.*

BLACK COHOSH

Black cohosh is one of the most well-researched herbs for menopause. It's particularly effective for managing hot flashes, night sweats, and mood swings. Black cohosh works by mimicking estrogen in the body, making it an excellent choice for women experiencing estrogen declines. It's typically taken as a tea, tincture, or in capsule form.



PHYTOESTROGENS (RED CLOVER)

Phytoestrogens are plant compounds that mimic the body's natural estrogen. Red clover is a rich source of these compounds and helps alleviate symptoms like hot flashes, bone loss, and cardiovascular concerns. It's available as a tea, supplement, or tincture, and its gentle estrogenic effects make it suitable for most women.

CHAGA MUSHROOM

Chaga is a nutrient-dense medicinal mushroom known for its adaptogenic and immune-supporting properties. For menopausal women, it may help balance hormones, reduce inflammation, and boost energy levels. Chaga is often consumed as a tea or in powdered form.

ASHWAGANDHA

Ashwagandha is a powerful adaptogen that helps the body adapt to stress and maintain hormonal balance. It's particularly beneficial for reducing anxiety, improving sleep, and supporting adrenal function—all common concerns during menopause. Ashwagandha is commonly taken as a powder, capsule, or tincture.

HOLY BASIL

Holy basil, also known as tulsi, is an adaptogen that helps combat stress and regulate cortisol levels. It can reduce anxiety, promote emotional well-being, and improve cognitive function. Holy basil is most commonly used as a tea or in supplement form.

REISHI MUSHROOM

Reishi, another adaptogenic mushroom, is prized for its calming effects and ability to improve sleep quality. It also supports the immune system and helps manage stress, which can be heightened during menopause. Reishi is available as a tea, tincture, or capsule.



MACA

Maca is a root vegetable from the Andes, renowned for its ability to balance hormones and boost energy. It's especially helpful for managing fatigue, mood swings, and libido changes associated with menopause and many hormonal imbalances. Maca is often consumed as a powder in smoothies or taken in capsule form.

CREATING A PLANT MEDICINE ROUTINE

When incorporating plant medicine into your menopause care, consider the following tips:

- **Consult a Professional:** Always check with a healthcare provider or herbalist before starting new supplements, especially if you take medications.
- **Start Low and Go Slow:** Begin with lower doses to see how your body reacts, then adjust as needed.
- **Choose Quality Products:** Look for organic, non-GMO, and third-party-tested products to ensure potency and safety.
- **Stay Consistent:** Herbs and adaptogens work best when used consistently over time.

PLANT MEDICINES offer a holistic approach to menopause support, addressing the root causes of symptoms and improving symptoms naturally. From balancing hormones to reducing stress and improving sleep, these natural remedies provide an empowering way to thrive during this transformative stage of life. Harness the wisdom and power of nature to provide support your body needs.



Zen at the Zenith Hormone Balance Support

Ingredients: chaga mushroom*, reishi mushroom*, ashwagandha*, maca*, holy basil*, red clover* organic

Use: Add 1-2 tsp to your morning coffee, smoothie, or food once daily for hormone balance support

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