

## Case study: Karen (54) from Sussex

My menopause came on rather gradually, and at first I didn't really realise that was why my moods were changing so dramatically. I became irrational and anxious and couldn't understand why, until a friend suggested it was most likely the beginning of the menopause.

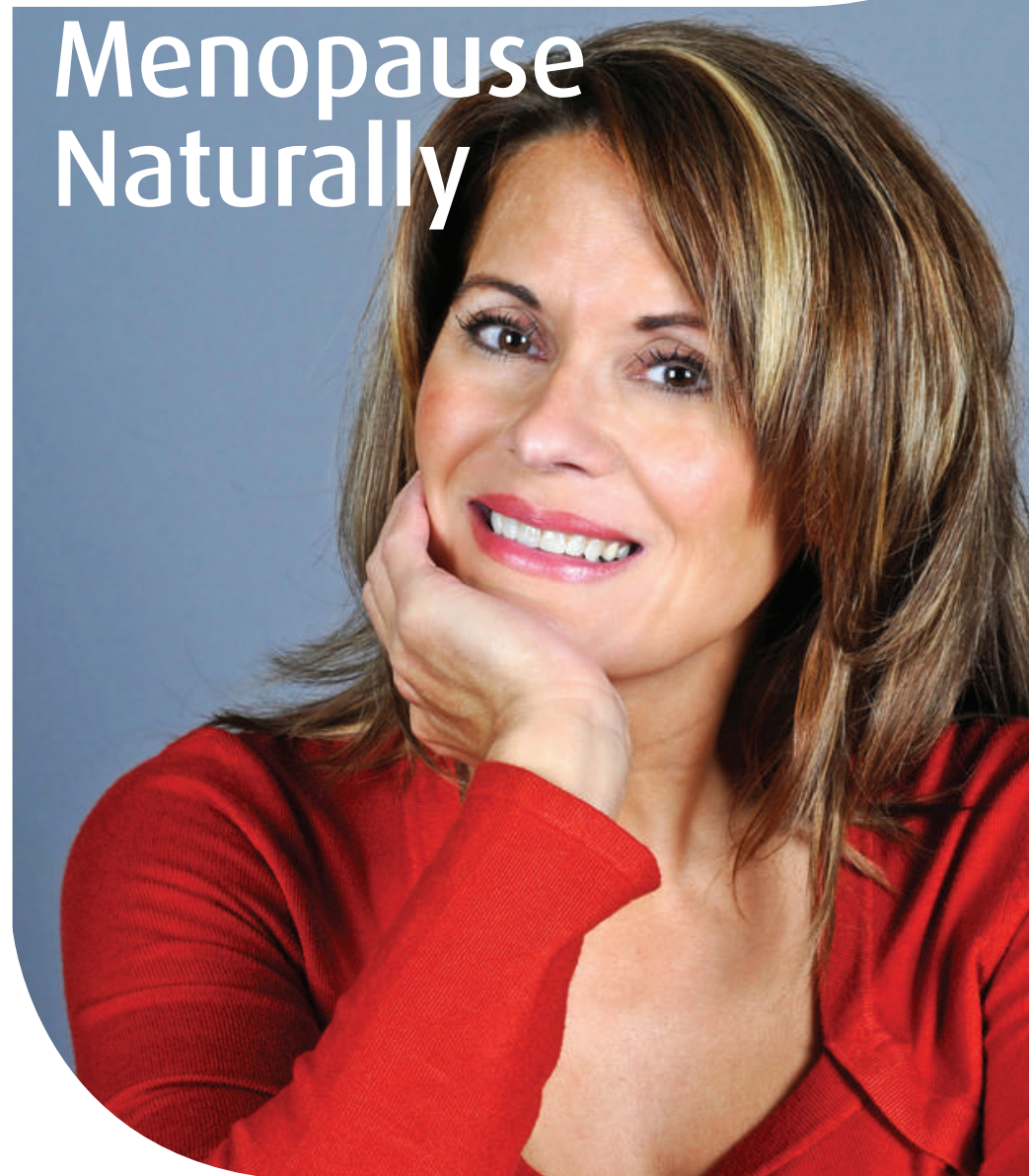
Gradually other symptoms began to appear such as hot flushes and lethargy – they got quite severe and I became desperate to find something to ease my symptoms. By this point the hot flushes I was experiencing were making it hard for me to sleep at night too.

This affected the relationships I had with my work colleagues and family as the lack of sleep left me irritable and lethargic. I was shopping locally and mentioned my symptoms to the shop assistant. She suggested I try something which contains Black Cohosh, solchose MenoHerb®.

After a few weeks I noticed such a difference, with my friends and family now remarking how relieved they were at the change in me!

This is Karen's personal experience; the benefits of this product have not been scientifically proven.

# A Guide to Managing Your Menopause Naturally



## Herbs that help you Cope...naturally



**MenoHerb®** containing 6.5mg of Black Cohosh root extract (equivalent to 55.25mg of Black Cohosh) is traditionally used\* to relieve symptoms of the menopause, including

- ✓ Hot flushes
- ✓ Night sweats
- ✓ Temporary changes in mood such as nervous irritability and restlessness

**MenoMood®** containing 300mg of St John's Wort extract (equivalent to 1800mg of St John's Wort) and 6.5mg of Black Cohosh root extract (equivalent to 55.25mg of Black Cohosh) is traditionally used\* to relieve symptoms of the menopause, including

- ✓ Hot flushes
- ✓ Night sweats
- ✓ Slightly low mood
- ✓ Mild anxiety



\*Exclusively based on long-standing use as a traditional remedy. Always read the label

**MenoHerb®** and **MenoMood®** are available from leading pharmacies and health food stores nationwide.

For more information telephone **01628 401 980** or visit **[www.menoherb.co.uk](http://www.menoherb.co.uk)**

Including a Question & Answer section with Dr Rosemary Leonard, GP

What is the menopause?

When does it happen?

Did you know?



Did you know?



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## The Menopause





**I am 55 and although I sailed through the menopause relatively symptom-free, in the last six months sex has become painful and a bit of a chore – what can I do?**

A photograph of a man and a woman sitting together, looking out a window. The woman is resting her head on her hand, looking thoughtful or stressed. A paperclip is attached to the top right corner of the photo.

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## Eat well

1.

2.

3.

4.



## Get Moving

1.

2.

3.

4.

Did you know?

