



## HEALTH & HEALING

# New help for hot flashes & menopause

by **Mike Ventresca**

Vital Choice

**F**or decades, countless women have successfully used the herb black cohosh to help alleviate hot flashes, mood swings and other symptoms associated with the years leading up to menopause. Recently, several studies have questioned the effectiveness of black cohosh.



**Mike Ventresca**

While experts caution this latest research needs to be confirmed, it would seem to explain the "hit or miss" nature I've noticed with black cohosh, where one woman finds it a great help yet another doesn't. Thankfully, women may now have a better natural

option that can relieve symptoms in as little as 7 days! What is this new herb and why are health experts like Dr. Richard Passwater, author of more than 40 books and 500 articles on nutrition, calling it the "herb of the decade"? It's called Pueraria Mirifica (PM for short). According to research, PM contains a complex of phytoestrogens, including one called miroestrol, that effectively relieves menopausal symptoms. However, unlike phytoestrogens from red clover, soy and black cohosh, the phytoestrogen miroestrol is bio-similar to a human estrogen, making it

many times more powerful. In fact, the phytoestrogens in PM have roughly 3,000 times the estrogenic activity of soy isoflavones.

Is it safe? The answer appears to be a resounding Yes! According to Dr. Passwater, PM is extremely effective yet much milder than actual estrogen and acts as a regulator – weakening estrogen when it's too high, and increasing the potency when it's too low. PM also appears to lower breast cancer risk. According to Passwater, American women are 10 times more likely to develop breast cancer than cultures that regularly consume PM.

If you are looking for a natural option to help alleviate menopausal symptoms, I recommend **PM PhytoGen Complex** from Solgar. It combines PM with select B-vitamins to relieve hot flashes, night sweats, mood instability, emotional stress and fatigue.

*Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.*

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