Homeopathic Remedies

Calc Carb (Oyster shell – pure calcium)
A classic ‘constitutional’ remedy – (best prescribed by a professional homeopathic practitioner), Calc Carb is indicated for women who tend towards FLOODING and protracted menstruation (7 – 10 days) with onset of menopause. Chilly, may be overweight and/or struggle to lose weight (sometimes due to underlying hypothyroid state). Hot flushes and night sweats.
< cold draughts, exertion
> for constipation!

Graphites (black lead)
Women who are overweight, chilly.
Constricted. Hot flushes where blood rushes to head, with hot face and nose bleeds. Periods late and scanty. Timid, indecisive, apprehensive; fidgety.
Chilly, but craves fresh air and must be well wrapped up; also suffer in hot weather.
< warmth, night, during and after period
> in dark, wrapping up

Kali carbonicum (carbonate of potassium)
Weak, anemic, exhausted.
Hot flushes with easy sweating
Chilly, sensitive to draughts but < for over- heating which causes flushing. Backache before periods. Anxious, irritable & sluggish.
Anxiety felt in the stomach.
Touchy; oversensitive to pain, noise, touch. Aversion to being alone. Strong sense of duty.
< 2 - 4 am; cold, draughts, touch
> warmth

Lachesis
Hot flushes with bursting headache, palpitations, hot sweats.
Dizziness, fainting, feeling of constriction around abdomen < pressure of clothes. Flooding during periods. Depressed, anxious on waking; everything worse after sleep.
Tired, trembling not > for sleeping
< before period, heat, after sleep.
pressure (abdomen, throat), alcohol
> fresh air, onset of period

Natrum Mur (Table salt)
Frequently indicated where there is a history of grief (death of loved one, end of relationship, disappointed ideal).
Migraines, cold sores, deep cracks in the middle of the lip. Desire for salty food and chocolate! Tendency to be thirsty. Closed people, who tend to protect their emotions and dislike consolation.
< Heat, direct sun, for crying, by the sea
> Open air, solitude, open air, by the sea

Pulsatilla (Pasque Fleur; windflower)
Hot flushes, haemorrhoids, varicose veins
Women who are anxious, weepy, mild, clingy, in need of emotional support. With lack of thirst, aversion to heat and desire for fresh air.
Intermittent hot flushes; irregular periods; mood changes during menopause.
< stuffy room, evening, alone
> fresh air, company, affection, expressing emotions (e.g. crying)

Sepia (Cuttle Fish ink)
< before, during, after period; night, cold, sweating
> eating, vigorous exercise

Sulphur
Severe hot flushes and night sweats. Hot person. Desire for spicy, strongly seasoned food with thirst for hot drinks. May have history of skin symptoms, which are characteristically red, intensely itchy and hot. Burning pains and sensations. Mentally philosophical – can be opinionated and egotistic – always right!
< HEAT, 11am, bathing (skin symptoms)
> Open air, warm drinks, sweating
**Herbal treatment for menopausal symptoms**

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**Agnus Castus** (vitex/chastetree berry)

Well known for being a hormone balancer, Agnus Castus is a great herb for use during menopause for hot flushes and generally for re-stabilising hormonal imbalances.

Preparations/dosage:

- Tincture form* – 10-15 drops taken daily in water.

As with most herbal preparations, regular and consistent application is necessary for best results.

Combines well with:

- **Black Cohosh** and **Sage** to relieve or prevent menopausal symptoms such as headache, hot flushes and night sweats.

Contraindications/cautions:

- Agnus Castus should not be taken concurrently with hormone medication such as HRT.

**Black Cohosh** (Cimicifuga racemosa)

Used by the Native Americans, Black Cohosh is another effective hormonal balancer – good for relieving menopausal symptoms, such as hot flushes, vaginal dryness, night sweats and disturbed sleep.

Preparations/dosage:

- Tincture form* – 10-15 drops taken daily in water.

Combines well with:

- **Sage** – it may prove more effective in combination with this herb – you could also add **Agnus Castus** to the mix.

Contraindications/cautions:

- Avoid use where there are pre-existing liver complaints.

**Dong Quai** (Angelica sinensis)

Used in Traditional Chinese Medicine (TCM) as a tonic for the female reproductive system. It is used both for relieving hot flushes as well as vaginal dryness.

Preparations/dosage:

- Tincture form* – 10-15 drops taken daily in water.

Combines well with: **Agnus Castus**

Contraindications/cautions:

- Do not take Dong Quai if taking anticoagulant (blood thinning) medication such as Warfarin. Not advisable during heavy menstrual bleeding.

**Sage** (Salvia officinalis)

A versatile and effective herbal tonic, particularly good for hot flushes, sweating and headaches during menopause.

Preparations/dosage:

- **Cold sage tea** - Teas or infusions can be made using fresh or dried leaves, left to stand in boiling water for at least 10 minutes. Allow to cool and sip small doses throughout the day. Take for one week then stop for a week before resuming.

**Menoforce** sage tablets by A. Vogel

- One tablet daily

**Menosan** sage tincture* by A. Vogel

- 15-20 drops taken in a little water, 3 times daily

Combines well with: **Agnus Castus and/or Black Cohosh**

Contraindications/cautions:

- Should not be taken long-term or without a break, as indicated above.

**Liquorice** (Glycyrrhiza glabra)

This versatile, adaptogen herb is a fantastic adrenal tonic, effective in aiding recovery from illness and chronic fatigue. Its additional, oestrogenic properties, make it particularly helpful for menopausal exhaustion.

Preparations/dosage:

- **Liquorice tincture*** – 10-15 drops taken in water, daily – available from herbalists, wholefood and health shops

- **Liquorice tea** – is a particularly pleasant, sweet drink which combines well with other herbal teas. (Teapigs make a delicious liquorice and peppermint tea! go to: www.teapigs.co.uk to buy online)

Contraindications:

- Do not take large doses if you suffer from high blood pressure.

* Tinctures should ideally be taken for at least 2-3 months to see beneficial effects

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Nutritional supplements for menopause

**Supplements**

Supplements are beneficial during the menopause in order to ensure that you have adequate nutrients for maintaining healthy bones. Many of the following also help with the symptoms of menopause.

**Vitamin C** – well known for its beneficial effect on the immune system, strengthening blood vessels and also for its role as an antioxidant in the body; it is important for preventing illness and for encouraging health. Vitamin C with Bioflavanoids has been shown to help reduce hot flushes, minimise vaginal dryness and for retaining elasticity in the urinary tract, so preventing leakage or stress incontinence.

**Vitamin E** – An important vitamin to consider at the menopause. Clinical studies have shown its effect on reducing hot flushes. A daily intake of around 600mg of Vitamin E may also help with vaginal dryness but it may take up to a month to work.

**B Vitamins** – known as ‘stress’ vitamins, they are enormously beneficial when you are under a great deal of pressure. Symptoms of B-vitamin deficiency include anxiety, tension, irritability and poor concentration. A good B-Complex supplement can be useful if you have any of these symptoms.

**Essential Fatty Acids** (EFAs) – signs of an EFA deficiency include, dry skin, lifeless hair, cracked nails, fatigue, depression, dry eyes, lack of motivation, aching joints, difficulty in losing weight, forgetfulness and breast pain – all symptoms that could be ‘blamed’ on the menopause. EFAs can be obtained through the diet in oily fish and also flax, sesame, sunflower and pumpkin seeds – alternatively, you can take a good quality, ‘clean’ Fish oil supplement or a Flax Seed alternative, such as those made by the Linseed Farm – these should ideally contain around 300mg EPA, 200mg DHA, 1000mg Linseed oil.

Evening Primrose Oil, containing at least 100mg GLA is also high in Omega oils 3,6 & 9 and said to be good for hot flushes in the menopause.

**Magnesium** – is an important mineral for your bones at the menopause so it is important that you have enough in your body. Magnesium is also known as ‘nature’s tranquillizer’ due to its relaxant qualities so it will help with symptoms of anxiety, irritability and other mood changes.

Food sources include, wheatgerm, almonds, cashew nuts, breyer’s yeast, buckwheat flour, brazil nuts, green peas

Supplement range – 50-250mg daily

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**Local and online suppliers and practitioners:**

- **Buxton and Grant Pharmacy**, 176 Whiteladies Rd, Clifton, Bristol, BS8 2XU
  [www.buxtonandgrantpharmacy.co.uk](http://www.buxtonandgrantpharmacy.co.uk)

- **Cotham Hill Pharmacy**, 3-5 Cotham Hill, Bristol, BS6 6LD

- **Neal’s Yard Remedies**, 126 Whiteladies Road, Clifton, Bristol, BS8 2RP
  [www.nealsyardremedies.com](http://www.nealsyardremedies.com)

- **Urban Fringe Herbal Dispensary** (Herbalist), 58 Colston Street, Bristol, BS1 5AZ
  Tel. 0117 927 6527
  [www.urbanfringe.org](http://www.urbanfringe.org)

- **Wild Oats, Natural Foods**, 9-11 Lower Redland Road, Bristol, BS6 6TB
  [www.woats.co.uk](http://www.woats.co.uk)

**Online suppliers:**

- **Ainsworths**
  [www.ainsworths.com](http://www.ainsworths.com)

- **Helios Pharmacy**
  [www.helios.co.uk](http://www.helios.co.uk)

- **Larry’s Homeopathics**
  [www.larrywheeler.co.uk](http://www.larrywheeler.co.uk)

- **Nelsons Homeopathic Pharmacy**
  [www.nelsonshomeopathy.com](http://www.nelsonshomeopathy.com)

- **The Natural Dispensary**
  [www.naturaldispensary.co.uk](http://www.naturaldispensary.co.uk)
  (by practitioner referral only – please get in touch for 10% discount code)

**Recommended Further Reading:**

- *The Nutritional Health Handbook* for Women, by Marilyn Glenville PhD

- *New Optimum Nutrition Bible*
  By Patrick Holford

- *The Women’s Guide to Homeopathy*
  Andrew Lockie M.D. & Nicola Geddes M.D.

- *Women, Hormones & the Menstrual Cycle, Herbal and medical solutions from adolescence to menopause*
  By Ruth Trickey

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**For a homeopathic consultation:**

Tel. 07736 174564
Email: kelleyhomeopath@gmail.com

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