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In summary, discover your “ menotype ” and work with your doctor to benefit from a tailored program that safely and effectively relieves your menopausal symptoms. Homeopathic Treatments for Menopause. For short-term use, choose from the following sample of remedies, available at health food stores. Take every 12 hours for up to seven days.

What's Your Menotype? | alive

Menotype C. The protocol for Menotype C ' s very straightforward. Simply put, this category is for menopausal women who, for one reason or another, require hormone replacement therapy. Women who fit this profile have severe menopausal symptoms (extreme night sweats and hot flashes, mood swings, etc) and may also have a bad case of osteoporosis.

Your Menopause | Dr. Mark Stengler | Naturopathic Medical ...

Based on their unique symptoms and physical and emotional changes through menopause, most women will find that they fit into either menotype A, B, or C. Those women who fit the description of menotype A have an easier time than the other groups in deciding which course of action to take because A types really do not experience strong menopausal symptoms such as hot flashes, night sweats, and so on.

Your Menopause, Your Menotype -- by Angela and Mark ...

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BOOK: Your Menopause, Your Menotype. by Dr. Mark Stengler, NMD. For women seeking an alternative to HRT, this book offers individualized natural treatment options for the symptoms of menopause. All too often, doctors who practice traditional medicine are quick to prescribe HRT as the only way to treat menopause, when, in fact, as recent studies have shown, it is often ineffective and unnecessary.

BOOK: Your Menopause, Your Menotype | Dr. Mark Stengler ...

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