

# Women Should Not Panic on Menopause Herb Warning

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Excellent Natural Alternatives To Black Cohosh (<http://www.beatmenopausenaturally.com>) available for Natural Menopause Relief, Says Expert.

Women looking for natural relief for hot flushes to the menopause should not panic because Black Cohosh (<http://www.beatmenopausenaturally.com>) it is to carry a health warning in the UK – there are lots of excellent alternatives on the market, according to the Natural Health Advisory Service founder.

"The warning will come as a blow to women looking for something to ease the symptoms of menopause who may have assumed that black cohosh, as a herb, was a safe option, but there are alternative remedies that work even better," commented Maryon Stewart, founder of the Natural Health Advisory Service, who has been running a highly successful natural programme for menopause symptoms for the past twenty years.

Stewart's menopause (<http://www.beatmenopausenaturally.com>) programme consists of diet, exercise, relaxation and supplements for the relief of hot flushes, including Novogen Red Clover (<http://www.beatmenopausenaturally.com>) which has been through extensive clinical trials around the world and been proven to be safe. Approximately 90% of the women who follow the Programme are symptom free within 4 months and last year Stewart's Programme successfully weaned 95% of patients off HRT within 5 months without any side effects.

The Medicines and Healthcare products Regulatory Agency (MHRA) said a review of all available data had concluded that liver injury resulting from black cohosh was rare but could be serious, so had opted for a health warning on the remedy.

"In the light of this advice, the MHRA is working with the herbal sector to ensure that labels of black cohosh products carry updated safety warnings," Professor Kent Wood, the agency's chief executive, said in a statement. "The labels will point out the possible symptoms so that appropriate action can be taken without delay."

Symptoms of liver problems include pain on the right side of the stomach just below the ribs, unexplained nausea, flu-like symptoms, dark urine and yellowing of eyes or skin.

Full details of Maryon Stewart's Programme for cruising through the menopause (<http://www.beatmenopausenaturally.com>) programme naturally can be found in her book "Beat the Menopause Naturally", which is available from [www.beatmenopausenaturally.com](http://www.beatmenopausenaturally.com)

For more details please contact Jan at Maryon Stewart's press office on 0771 388 3773.