
















Table of Naturopathic Remedies




THERAPY/TREATMENT	SCIENTIFIC SUPPORT**	SAFETY CONCERNS**
Cognitive behavioral therapy (CBT)	 for vasomotor symptoms	No
Clinical Hypnosis	 for vasomotor symptoms	No
Paroxetine salt (an SSRI)	 for vasomotor symptoms	No
weight loss	 for vasomotor symptoms	No
Mindfulness-based stress reduction	 for vasomotor symptoms	No
S-equal derivatives of soy isoflavones, and stellate ganglion block	 for vasomotor symptoms	No
Cooling techniques	 for vasomotor symptoms	No
Avoidance of triggers	 for vasomotor symptoms	No
Exercise	 for vasomotor symptoms	No
Yoga	 for vasomotor symptoms	No
Paced respiration	 for vasomotor symptoms	No
Relaxation	 for vasomotor symptoms	No
Acupuncture, calibration of neural oscillations	 for vasomotor symptoms	No
Chiropractic interventions	 for vasomotor symptoms	No
Black cohosh alone		Yes
Black cohosh in combination with other herbs		Yes

THERAPY/TREATMENT	SCIENTIFIC SUPPORT**	SAFETY CONCERNS**
Red clover		Unknown
Crinum		Unknown
Wild yam, Mexican yam or wild yam root	 for psychological symptoms  for vasomotor symptoms	Unknown
Dong quai alone		No
Dong quai in combination with other herbs		No
Evening primrose	 for vasomotor symptoms  for bone mineral density loss	No
Flaxseed		No
Ginseng, Asian, Korean, or Chinese red ginseng		Yes
Hops		No
Maca		No
Pine Bark		Unknown
Pollen Extract		No
Puepuria		No
Siberian rhubarb		Unknown

****SCIENTIFIC SUPPORT FOR USE IN MENOPAUSAL SYMPTOM TREATMENT**

** unless identified otherwise, recommendations are specific to treatment of vasomotor symptoms (hot flashes and night sweats)

****SAFETY CONCERNS WHEN USED FOR MENOPAUSAL SYMPTOM TREATMENT**

-  Supported by scientific evidence
-  Weakly supported by scientific evidence
-  Not scientifically supported