

更年期保健的常青草本解決方案

放鬆 I **Inner-calm I** **放鬆 II**

Supports with:
 • Tension / Restlessness / Irritability
 • Easily angered/frustrated
 • Tension and stiffness in head, neck joints and shoulder
 • Impatience with comfort eating
 • Ear ringing / Buzzing

平靜 I

Supports with:
 • Tension / Restlessness / Irritability / Worry
 • Temperature swings, often tender red/hot face
 • Impatience with food craving
 • Lack of stamina
 • Prone to dry stool

Solution

更年期症狀伴隨有焦慮，參見抗焦慮抑郁流程圖。

Meno-ease

Supports the smooth transition of menopause:
 • Temperature swings, often tender red/hot face
 • Mood swings
 • Poor sleep

Solution

更年期康

更年期症狀伴隨下列任何一種相關狀況：身體虛腫尤其是鬆懈腹部，面色暗淡；不耐冷或熱；感覺四肢冷；小便淋瀝；頭昏沉不能集中注意力；記憶力差。

好心境 I **Mood Lift I**

Supports with:
 • Stress associated with low mood / sadness / feeling flat / worry
 • Low confidence / Indecisiveness
 • Lethargy / Low tolerance to coldness

Solution

更年期症狀伴隨有抑郁，參見抗焦慮抑郁流程圖。

好心境 II **Mood Lift II**

Supports with:
 • Stress / Feeling constrained with low mood/tension/frustration
 • Tense muscles and stiff joints, worsen by stress
 • Irregular bowels, worsen by stress

Solution

更年期症狀伴隨有情緒低落/悲傷合並焦慮，參見抗焦慮抑郁流程圖。

更年期標症群

更年期症狀伴隨有睡眠問題，參見優質睡眠流程圖。

Solution

好睡眠 I **Good Sleep I**

Supports with:
 • Busy mind and hard to sleep
 • Stomach acid imbalance, often with poor digestion / bloating

好睡眠 II **Good Sleep II**

Supports with:
 • Poor sleep with restlessness and irritability
 • Temperature swings, often tender red/hot face

好睡眠 III **Good Sleep III**

Supports with:
 • Sleeplessness
 • Hard to sleep / Waking up early

好睡眠 IV **Good Sleep IV**

Supports with:
 • Shallow sleep / Wake up often
 • Mental/Physical tiredness
 • Poor clarity/focus
 • Mental foginess

更年期伴有严重的潮热盗汗，快速平抑状况。

Solution

平靜 II **Inner-calm II**

Supports with:
 • Restlessness / Irritability
 • Irritability with temperature swings, often tender red/hot face
 • Impatience with food craving
 • Prone to dry stool

注意：潮熱盜汗是一個頑固、反復的狀況，常與其他過往症候混合在一起，所以需要使用不同的草本產品組合以及重復地使用。一個常見的策略就是交替使用更年期康 (Meno-ease) 和其他列在上面的相關草本產品。