Evergreen Herb Formulas Help with Menopause Conditions





Menopause conditions associated with any of following: Puffy body with loose tummy, dull complexion; Low tolerance to coldness or heat; Feeling cold especially extremities; Leaking urine; Poor clarity/focus; Foggy head.





Solution [

Menopause conditions associated with low mood, feeling flat, sadness. See Chart of Stress Release.



Menopause conditions associated with low mood/sadness combined with anxiousness. See Chart of Stress Release.













Notes: Hot feeling/sweaty night is a stubborn, up and down condition, often mixed with other conditions from past history, and needs to be worked on alternatively and repeatedly. It is a common strategy to alternate between Meno-Ease and other related formulas listed above.