

# Herbal Menopause Remedy For Hot Flashes Featured On The Dr. Oz Show

Harlan Mittag April 07, 2013



Dr. Wendy Warner, OB/GYN and Dr. Oz

**An herbal menopause remedy called Siberian rhubarb root extract was featured on the Dr. Oz Show for relief of hot flashes, night sweats and other menopause related complaints.**

(Newswire.Net -- April 7, 2013) Minneapolis, MN -- A guest on the Dr. Oz Show—OB/GYN Dr. Wendy Warner—has recommended an herbal remedy for relief of menopause related complaints such as hot flashes, night sweats, insomnia, irritability, difficulty concentrating and more. Dr. Warner

is board certified in Obstetrics and Gynecology. She has had formal training in Holistic Medicine as well. The herb recommended by Dr. Warner is an extract of Siberian rhubarb root.

## **Siberian rhubarb root extract.**

Siberian rhubarb root extract is a member of a class of herbs called phytoestrogens. Phytoestrogens herbs contain estrogen like molecules that help restore dropping estrogen levels in perimenopause and menopause. In doing so, these phytoestrogens relieve many menopause related complaints. Siberian rhubarb root extract has been used by women in Europe since 1993 and has been tested extensively. Researchers have found Siberian rhubarb root extract to be both effective and safe as an herbal menopause remedy. One study compared the effectiveness of Siberian rhubarb root extract to that of ultra-low dose hormone replacement therapy.

## **Medical journal *Menopause* publishes study on Siberian rhubarb root extract.**

A study published in the prestigious journal *Menopause* documented the effectiveness of Siberian rhubarb root for relief of menopause complaints including hot flashes. The study involved 109 women in perimenopause who were experiencing a variety of menopause related complaints. 54 of the women were given Siberian rhubarb root extract while the remaining 55 women were given a placebo sugar pill. None of the women knew whether they were receiving the phytoestrogen herb or the sugar pill.

## **90.7% of the women receiving Siberian rhubarb root extract report experiencing “major improvement”.**

Women who took Siberian rhubarb root extract in the study reported major improvement in hot flashes and sweating, heart problems, insomnia, irritability and exhaustion, depression, urinary complaints and joint and muscle pain.

## **How to take Siberian rhubarb root extract.**

The extract of Siberian rhubarb root recommended by Dr. Wendy Warner is only available through health practitioners and some doctor owned websites on the internet. The extract is manufactured in Germany in an exclusive process that is patent protected. It is available in the United States under a single brand name—Estrovera. You can learn more about the [herbal menopause remedy](#) Siberian rhubarb root extract and Estrovera at

<http://www.herbalmenopauseremedy.com>