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Hormone Replacement Therapy (also referred to as HRT), is a system of medical treatment for surgically transgender, menopausal, premenopausal, postmenopausal women. This is based on the concept that the treatment may prevent discomfort caused by diminished circulating progesterone and estrogen hormones. These hormones may reduce incidence of dementia and prolong life for women who are surgically or prematurely menopausal. There are involvement of various medications methods and processes that are designed to boost hormone levels artificially. These hormones include progestins, progesterone or estrogen and testosterone (in less amount). A woman would always like to avoid discomfort during her menopause time.

In most cases, women want to be safe while going through her menopause and at the same time they have fear from Hormone Replacement Therapy because they think that it can cause breast cancer, ovarian, asthma as well as other unwanted ailments. In such scenarios, women have to adopt few natural remedies during these periods. Doing exercise regularly can be an ideal way to manage the symptoms of menopause. Itâ€™s recommended by gynecologist that aerobic activities can be beneficial and could help combat osteoporosis later in womenâ€™s life. These aerobic activities may involve like swimming or weight bearing. Healthy foods can also be beneficial for a woman irrespective of what her age is. Hence, itâ€™s recommended to take healthy and nutritional supplements and avoid foods that are harmful for health. Such foods may include beverages with caffeine, foods with high in sodium, alcohol and sugar as well as spicy and processed foods.

Women should take food that are high in fiber as well as low in fat because these foods will help body in adjusting to its new state quickly. Plant based foods have more fiber that can be well suited for women during their menopausal phase. These foods may include beans, sea vegetables, fruits, leafy green vegetables and vegetables high in antioxidants. Herbal remedies can also be advantageous for women. There are varieties of things that are beneficial for health.

Some herbs might be useful as it put relatively low doses of plant hormones in the body which can counteract symptoms of menopause can cause. If you have no any idea for Hormone Replacement Therapy, you should go through online resources as there are numerous websites available over internet. Here, you can get the desired information according your medical needs and requirements that will be too within your financial budget.

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