

## **Effectivity of Homeopathic treatment for Menopausal complaints:**

In a prospective study 82% of patients reported improvement of menopausal symptoms after homeopathic treatment. Main symptoms noted were hot flushes and sweats, tiredness, anxiety, sleeping difficulties, mood swings and headaches. Women referred to homeopathy were those who either could not take hormone replacement therapy (HRT) , for whom HRT was unsuccessful, who did not want HRT or who had to come off HRT. Mean length of homeopathic treatment was 5 months.

*Relton, C. NHS. Homeopathy Menopause Service. Outcome study. In press.*