PLANTS & HERBS

10 Adaptogenic Herbs for Hormone Balance in Women

By bestfolkmedicine · 13/05/2020 · 3 min read



A woman's hormonal health plays a pivotal role in the overall health.

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When the hormones are out of balance, several negative things can happen-the energy levels will vary, anxiety will rise, and the sex life may also suffer.

If you're not too keen on finding help from Western medicine to restore the balance of your hormones, you should know that there are beneficial natural alternatives you can turn to.

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Namely, a lot of herbs have potent compounds that can help with hormone problems.

Below, check out the 10 best adaptogenic herbs to normalize your hormone health in case of hormonal misbalance.

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10 Beneficial Adaptogenic Herbs to Restore Hormonal Balance

- **Ashwagandha**

This is one of the best herbs to normalize the hormones.

It's been present and used since ancient times for numerous purposes, but mostly to lower stress by normalizing the secretion of cortisol, known as the 'stress hormone'. You can find it in specialized shops or online.

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- **Black cohosh**

Black cohosh is known to mimic estrogen in some individuals.

Therefore, it can be of aid for PMS, painful menstruation, osteoporosis or menopause. You can find it in supplement form online or in health food shops.

- **Catuaba bark**

According to some evidence, catuaba bark is a good natural aphrodisiac for men and women.

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It helps boost the mood, especially that of women during PMS, by restoring the hormonal balance. It may also keep the brain safe from oxidative damage.

- **Red clover**

Red clover is amazing for women in menopause.

Even though its uses and benefits are numerous, it targets some of the most unpleasant parts of menopause like hot flashes, depression, and anxiety.

- **Epimedium**

If you're in PMS or in menopause, make sure you have this herb by your side. It helps keep the hormones balanced, especially the estrogen.

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- **Avena sativa**

Avena sativa or oats helps better the mood and decreases stress and it may also improve your sex life.

You can find it in tablet or liquid form in shops or online.

- **Chasteberry**

This plant is part of the mint family and it can help enhance the production of the luteinizing hormone that helps relieve the PMS, menstrual cramps, regulate the cycle, and mitigate the side effects of endometriosis.

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- **Maca root**

This is one of the most popular supplements for women in menopause as it improves the estrogen production that helps reduce the symptoms.

It can also be good for women in pre-menopause that can relieve the PMS side effects by balancing the egg and flow of estrogen during the cycle.

- **Rhodiola Rosea**

Plant foods are able to help you naturally reduce stress by strengthening your immunity and adding this herb can also be of aid.

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It helps decrease the secretion of cortisol and it will help you reduce your anxiety and improve your sleep. You can find it in pill form in drugstores or online.

- **Shilajit**

If you have problems with infertility, this herb may be of aid.

Some research suggests it as a useful method to improve the ovulation and thus, increase your chance of conceiving. You can find it in resin or powder form.

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Sources:

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