Which Herbs For Which Symptoms of Menopause?

	Periods	Hot Flashes	Night Sweats	Insomnia	Fatigue	Forgetfulness	Moods	Breast Pain	Joint Pain	Excess Hair	Vaginal Dryness	Incontinence	Sex Drive	Acne	Headaches	Heart Attack	Breast Cancer	Uterine Cancer	Ovarian Cancer	Alz
Aloe Vera									+											
Black Cohosh		+	+	+			+			+	+									
California Poppy							+													
Cayenne													+							
Chai Hu Long Gu Muli Wang				+			+													
Chasteberry	+			+			-				-		-		+			+		
Cubeb													+							
Damiana		+	+	+	+								+							
Dong Quai											+									
Evening Primrose							+	+				+								
Feverfew									+						+					
Ginkgo Biloba						+														+
Gotu Kola						+														
Hawthorne																+				
Hops				+												(+)				
Joyful Change		+	+	+							+									
Kava Kava				+																
Licorice Root					+												+	+	+	
Motherwort				+																
Passion Flower				+																
(Red Clover)																				
St. John's Wort							+													
Tea Tree Oil														+						
Valerian				+																
Wild Yam											+									
Wu Pian										+										