

Alternative & Complementary Menopause Professionals

	Naturopathic Doctor (N.D.)	Herbalist	Acupuncturist	Hypnotist
Professional				
Focus	Symptoms of menopause	Symptoms of menopause	Symptoms of menopause	Symptoms of menopause
Means or Tools for treatment	Diet Lifestyle Air Botanicals	Herbs Botanicals	Acupuncture needles	Hypnosis
Philosophy	Holistic mind, body, & spirit medicine A belief that the body has the ability to heal itself through nutrition, lifestyle, air, botanicals, & alternative medicine	Plant products are medicines Pharmaceutical products are not necessary	Insertion of needles into the skin restores the flow of energy throughout the body	Use of the sub-conscious to reduce menopausal symptoms
Symptoms relieved	Variable	Reduction in severity of symptoms only No complete ridding of symptoms Great variability in which symptoms respond to herbal treatments Results variable	Reduction in severity of symptoms only No complete ridding of symptoms Great variability in which symptoms respond to acupuncture treatments Results variable	Reduction in severity of symptoms only No complete ridding of symptoms Great variability in which symptoms respond to hypnosis Results variable
Long-term disease risk reduction	Only as it pertains to diet & lifestyle	None	None	None