

MENO-PEACE

A safe alternative to Hormone Replacement Therapy

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Meno-Peace Formula <https://www.darcywellness.com/shop/meno-peace>

Ingredients: Curculigo Rhizome, Epimedium Herb, Morinda Root, Chinese Angelica Root, Anemarrhena Rhizome, Phellodendron Bark

The side effects and dangers of using Hormone Replacement Therapy (HRT) have led millions of peri-menopausal and menopausal women to search for herbal alternatives. . Patients often question their medical doctors about these issues. Two thousand years ago, physicians of Traditional Chinese Medicine began looking for botanical answers and documenting their findings. The Meno-Peace formula is based on a centuries old classic herbal formula, *Er Xian Tang*. Meno-Peace uses this Chinese formula as its base with other well-known herbs added to it. All of the herbs in this formula have major anecdotal evidence as well as scientific credentials and have been blended together to further refine this classic Chinese formula.

This is a renowned Chinese medicine that tonifies both the Kidney Yin and Yang and support a smooth menopausal transition. The Chinese herbal supplement works best for individuals who are suffering from a combination of hot flashes, cold limbs, and lower back soreness.

It can be combined with **Cool Flare Formula** <https://www.darcywellness.com/shop/cool-flare> for extreme hot flashes and menopausal crises.

What are the risks and side effects of HRT facing women today?

The potential side effects of HRT include vaginal bleeding (starting or returning), breast tenderness (which often goes away after three months), nausea (which goes away after your body adjusts), fluid retention (bloating), changes in the shape of the eye (sometimes leading to contact lens intolerance), headache, dizziness, depression, an increased risk for reduced tolerance to sugar and other carbohydrates, an increased risk for gallbladder disease. Studies have not confirmed that estrogen causes weight gain, however, in some women, HRT causes water retention, resulting in bloating and therefore temporary weight increase from the water in tissues. Some scientists have pointed out that there is an increased risk of breast or uterine cancer with HRT. Some of the risk factors linked to women who should not use Hormone Replacement Therapy (HRT) are those who have breast cancer, abnormal uterine bleeding of an unknown cause, a very high triglyceride level, a history of blood clotting disorders, or liver disease. Menopause and surgical menopause (removal of the ovaries) may also have a negative effect on the sex drive. Too much testosterone may not provide the desired improvement in sex drive, and can make the woman feel agitated, overly aggressive, and/or depressed. Higher doses can cause masculinizing side effects such as facial and body hair growth, acne, an enlarged clitoris, a lowered voice, and muscle weight gain. And even more than progesterone, testosterone may adversely affect some of estrogen's heart health benefits.

Faced with the risks of HRT, many women and their physicians find their way to herbal combinations. Research is now showing, phytoestrogens (naturally occurring compounds in certain plants, herbs, and seeds) are similar in chemical structure to estrogen and/produce estrogen-like effects. Herbs containing phytoestrogens, such as Black Cohosh, give women a safe HRT alternative. Women may have fewer hot flashes and a lower risk of heart disease and some cancers. The hot flash, or vasomotor instability, is experienced by 75% of peri-menopausal and menopausal women in the United States. The experience for some women is minor, yet, for others, the hot flash is an extremely unpleasant sensation that is disruptive to their sleep patterns and daily living.¹ (See article on Cool Flare an herbal formula, to add to this Meno Peace formula when the hot flashes of menopause are severe).

Soy foods like tofu, tempeh, soy milk, or roasted soy nuts contain phytoestrogens, but the amount you need to consume has not been thoroughly studied. Regardless, these are healthy foods that are excellent sources of protein that could be added to your diet. Various pills and powders claim to contain soy's active ingredients. But it's possible to overdose on these isolated ingredients. Eating reasonable amounts of soy foods is a wiser choice

In Japan, conventional MD's are way ahead of their colleagues in the West in their search for herbal alternatives. The usefulness of herbal medicine is growing rapidly among conventionally trained medical doctors, reports Robert Rister, in his book *Japanese Herbal Medicine*. In 1976, only 19.2% of Japanese Medical Doctors utilized herbal medicine.⁵ In 1996, 148 formulas had been approved by the Japanese FDA, and it is estimated today that almost 77% of Japanese medical doctors, who have every method of modern medicine available to them, (unlike Chinese MDs) use herbal formulas.³ This increased use has been driven by hundreds of studies confirming herbal formulas scientific validity. Sixty percent of these Japanese doctors consider herbal formulas to be the first choice for some diseases.⁴ Rister reports, "In cases where standard medications deliver predictable results without side effects, Japanese Doctors prefer synthetic drugs to Kampo (herbal medicine). These doctors, however note seven situations for which Kampo (herbal formulas) are especially suitable, and menopause is most definitely one of them."

Actions of Individual Constituents

Dong Quai Root *Chinese Angelica*

This well-known herb increases circulation, protects the heart, and increases the effectiveness of other herbs in the formula.⁶ Used for thousands of years by Traditional Chinese Medicine Dong quai has long been considered the *women's ginseng*. It is rarely used singularly and most often used in formula prescriptions for menstrual and menopausal problems. It may be effective for PMS through its antispasmodic action especially on smooth muscle.⁵ Traditionally used in formulas for hot flashes with peri-menopause, it also has a record in the treatment of cardiovascular disease, including high blood pressure and circulation for men and women.⁴

One review of the literature indicates dong quai may have some efficacy for PMS in traditional Chinese formulas. For relief of menopausal symptoms, black cohosh root and dong quai have good safety profiles, but only black cohosh has demonstrated efficacy for this.¹

The Chinese people discovered dong quai and used it as a tonic and spice. Women especially have used dong quai to protect their health generation after generation. The pharmacological effect, toxicity and dosage formula of dong quai, is based on the modern research.²

Goldeneye Grass Rhizome and Epimedium Stem

These herbs are used by Traditional Chinese Medicine as the chief herbs of the TCM formula base. They are used to tonify the energies of yin and yang .

Morinda Root

The function attributed to this herb is that it warms the *Kidney yang* and nourishes the *essence*.

Phellodendron Bark and Anemarrhena Rhizome

These herbs nourish *Kidney Yin* and drain fire from the body.

Recommended Use:

Meno-Peace should be used by all patients concerned with maintaining healthy hormone levels during perimenopause and menopause. This is especially pertinent for those individuals with a family history or a significant risk profile for HRT.

Side Effects:

When taken according to the recommended dosage and schedule, and for individuals with no other predisposing medical conditions or sensitivities to any of the constituents, the potential for serious side effects is minimal or none.

Potential side effects from individual constituents:

Dong Quai Root

Only a few mild side effects have been reported sensitivity to sunlight for a small percentage of fair skinned people.

Warnings or Precautions:

Although the potential for side effects from the individual constituents is extremely low, the effects of high doses of chronic, long-term use of this product have not been adequately studied in human clinical trials. Any unusual symptoms that may arise during the course of taking this supplement warrant medical attention and possible discontinuation of dosing.

This product should be used with caution in individuals already using HRT.

Contraindications:

As with the use of conventional medications, known hypersensitivity or allergy to any one of the constituents in this product is an absolute contraindication. Case reports are suggestive of interaction between *warfarin* and dong quai at much higher dosages when used as a single herb. In this formula the dosage is much lower. Therefore the risk is significantly lower than case histories cited.

Pregnancy and nursing: Due to the known effects of some constituents and unknown effects of many other constituents on fetal and neonatal growth and development, this product should be avoided during pregnancy and breast-feeding.

Drug Interactions:

Reports are suggestive of interaction between *warfarin* and dong quai.

Dosage:

Adults: 2 capsules three times daily, on an empty stomach with warm water. Take at least two hours after any medication. When results are achieved and held for two weeks drop to a maintenance dosage of 1 capsule three times daily, on an empty stomach with warm water.

This product is not recommended for children.

Overdose:

There are no known reports of over dosage. The initial treatment of acute overdose is primarily supportive.

References:

Overview

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