



BLACK COHOSH (*cimifuga racemosa*)

Common Uses

Black cohosh is most widely used as a remedy for hot flashes, mood swings, and vaginal dryness commonly associated with menopause. The herb does not stimulate the production of estrogen, but it may compensate for low or highly variable levels of estrogen during menstruation or menopause.

In one study, 62 women going through menopause received black cohosh, estrogen, or a placebo for 90 days. Women who took black cohosh had the same reduction in hot flashes as women taking estrogen. Black cohosh did not stimulate growth of cells in the uterus, suggesting that, unlike estrogen, the herb does not increase the risk of uterine cancer. Black cohosh also increased the thickness of the vaginal wall. The study also suggested that black cohosh could help prevent osteoporosis.

Precautions

Black Cohosh is not likely to cause any complications other than mild stomach upset. **Do not take Black Cohosh during pregnancy because of its potential ability to stimulate uterine contractions.** The safety of black cohosh in breastfeeding mothers and the degree of transmission of black cohosh in breast milk has not been established. There is controversy regarding the safety of black cohosh in women with a personal history or strong family history of breast cancer.

Common Dosages

TINCTURE: Take 15-30 drops

TEA: Steep one tea bag in 8oz. hot water for 10 minutes. Drink up to 3 times a day.

CAPSULES: Depending on your weight and symptoms, you can take 1-4 450mg capsules up to 3 times per day.

Black cohosh should not be used for more than 6 months at a time at normal doses. I highly recommend that, when taking herbs over the long term they should be taken for 3 weeks on and one week off

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

