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An Update on My Hormone Replacement Journey

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~~Little is known about the long-term safety of Pueraria~~

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mirifica. Due to the herb's estrogen-like effects, symptoms such as bloating, cramps, breast tenderness, headache, weight changes, and irregular periods are possible. (With that said, none of the above listed studies reported significant side effects, even with up to six months of daily use.)

~~Pueraria Mirifica: Benefits, Side Effects, Dosage, and ...~~
Phytoestrogens in the herb may produce estrogen-like side effects like: Bloating Cramps breast tenderness headache weight changes

~~Pueraria Mirifica For Men - Benefits & Effects on Male~~

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Body

This type of herb increases an output of hormone-producing estrogen. Potential negative side effects of Pueraria Mirifica of high intake of which can lead to nausea, bowel problems or bowel irritability. Always maintain the right dosage to prevent those gases from forming.

~~Potential Negative Side Effects of Pueraria Mirifica ...~~

As this plant increases output of hormone-producing estrogen, it may cause complications for example bowel problems, bowel irritability and nausea. An excessive amount of Pueraria Mirifica (overdosage) can lead to loss

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of sex drive and may cause exhaustion. Increase in unwanted fat and flatulence. How to Avoid Pueraria Mirifica Side Effects

~~Pueraria Mirifica Side Effects with Dos and Don'ts~~
Pueraria Mirifica Side Effects Pueraria Mirifica thrives in the same habitat as Butea Superba, another miracle herb that is utilized as an aphrodisiac... After the first intake, there is an increased blood flow that may cause a flushed face. Those who have peptic ulcers can feel fullness or bloating ...

~~Side Effects Of Pueraria Mirifica In Men: Pueraria ...~~

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Though people traditionally take P. mirifica to improve memory, the effects of this plant on brain function in humans is completely unknown. In rats, Pueraria mirifica supplementation increased the strength of signals sent between neurons. This means that it can increase the effectiveness and efficiency of brain function [18].

~~Pueraria mirifica Purported Benefits + Side Effects ...~~

~~Adverse Reactions~~ Some people can have a negative reaction to pueraria mirifica, especially under certain circumstances. For example, the herb increases the circulation of blood. So, when menstruating women take this herb, they may have increased blood flow.

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~~The Dangers of Pueraria Mirifica | LEAFtv~~

Pueraria Candollei var. Mirifica (White Kwao Krua) is a highly estrogenic herb (main bioactive, Deoxymiroestrol, being more potent than estrogen itself) which is used as herbal estrogen replacement therapy. It appears effective, but lacks blinded studies.

~~Pueraria mirifica Supplement — Health Benefits, Dosage ...~~

Yes, you need to understand that Pueraria Mirifica is a very powerful and potent plant. It contains many phytoestrogens and phytosterols, plant hormones that can not only balance your hormones. But can also increase

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your breast size very rapidly. However, since these hormones tend to look very similar to female estrogen.

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~~Know ...~~

Pueraria Mirifica Side Effects Since Pueraria mirifica is loaded with estrogen, one primary concern about it is its hormone-altering side effect. However, healthy men should not worry about this. One animal study suggests that long term oral consumption of this supplement at 10 to 100 mg/kg doses doesn't affect male fertility.

~~Pueraria Mirifica for Men: Health Benefits and Side ...~~

Pueraria mirifica has been lauded as a natural supplement for various conditions. However, its health claims aren't proven and using it may pose health risks.

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~~Pueraria Mirifica: Potential Risks of Taking This Natural~~

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~~7 Emerging Benefits of Pueraria mirifica~~

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Pueraria Mirifica is also a well-known breast enhancing herb due to its properties on boosting the estrogens levels which affect the breast tissue growth and breast appearance. Instead of relying on the breast augmentation, women now turn to use Pueraria Mirifica as an alternative breast enhancement item.

~~8 Usages of Pueraria Mirifica that Actually Works~~

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~~Effects of Pueraria Mirifica~~ Pueraria Mirifica

Another Pueraria Mirifica benefit is that it has also been proven to provide anti-aging effects. As the body ages, hormone levels begin to slow or stop altogether, which can cause various issues in some individuals, including fatigue, thinning hair, decreased libido, wrinkles, and more.

~~Pueraria Mirifica Benefits For Men And Women -~~
~~PuerariaThai™~~

Phyto-estrogens especially isoflavones, enriched in Pueraria Mirifica only our selected species which this selected grade can make us differentiate from the other

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supplier with chemical compound approval If intake at a right dosage will support healthy female characteristics, bone structure, cardio - vascular system, breast and skin appearance in women and also health prostate function and keeps hair pattern in men.

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