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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Beat Hot Flashes

By Kathryn Whittaker

There is little doubt that menopause is a taxing time both physically and emotionally. For busy

women trying to live normal, active and fulfilling lives, it can be extremely frustrating to deal with the many symptoms of menopause, all of which can be exhausting, upsetting and sometimes unpleasant. Nevertheless, similar to menstruation and pregnancy, women are expected to soldier on and keep smiling! And by and large that is precisely what the vast majority of women do when they go through menopause - they just keep on smiling and go on working and living with grace and good humor. That said, there are ways of managing the symptoms of menopause to minimise their intrusion on your lifestyle.

If you are going through menopause the old adage "forewarned is forearmed" is one of the best pieces of advice you can get. Knowing about the sorts of things you might feel during menopause allows you to be mentally prepared. And since there are so many symptoms of menopause, you need to be ready for almost anything, not least of all heart rate irregularities, migraines, weight gain, sleep problems, mood swings, depression, muscular and joint pains. There are lesser known symptoms as well.

Ask any menopausal woman though and she will tell you that one of the more unsettling symptoms of menopause are hot flashes. While they are not life-threatening or dangerous, hot flashes can be unexpected, uncomfortable and distracting. And when you have never experienced them before, hot flashes can even be frightening!

Actually, there are both hot and cold flashes, and they are quite simple to explain. Hot and cold flashes are simply changes to your internal thermal stability that can be traced back to your hypothalamus. Just imagine your body has an internal thermostat. This internal thermostat is regulated mostly by your hypothalamus, which is an area situated at the base of your brain, just above your pituitary gland. Certain functions of the hypothalamus are affected by changes to the level of estrogen being produced in the body. Since women's ovaries naturally begin to produce less estrogen during menopause, these hormonal fluctuations upset the hypothalamus causing it to quickly alter the body temperature in response. The result? A hot or cold flash!

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Although hot or cold flashes can be unpleasant, the good news is that there are some strategies you can adopt to lessen their impact. The first option you may wish to explore is estrogen replacement therapy, a potential course of action you will need to discuss with your physician. There are plenty of diet and lifestyle changes you can implement as well however that are simple and cost you next to nothing. For example, avoid caffeine, alcohol, spicy foods as well as sugary drinks, since these are all known to be 'trigger' foods that cause flashes. Other no-no's to rule out are highly-processed foods, like white rice, breads and flours, as well as sweets, cakes and cookies, which tend to use white sugar, white flours and corn syrup. Make sure you drink at least 8 glasses of water a day, and include plenty of fruit, vegetables and legumes in your diet, especially those that contain high levels of phytoestrogens, such as apples, carrots, beans, green leafy vegetables and seaweed. Phytoestrogens are naturally occurring plant-based estrogens that connect with estrogen receptors in your body. Not only will that help you combat hot and cold flashes, but by consuming phytoestrogens you will also help reduce the impact of other menopause symptoms.

As far as lifestyle is concerned, many women say that doing regular exercise and relaxation practices

such as yoga, meditation or Tai Chi helps them to deal with flashes because they have a better overall frame of mind. Alternative health remedies such as acupuncture and herbal supplements are also worth exploring as they offer a natural method for bringing your symptoms under control.

Don't let hot and cold flashes get in the way of a normal, happy life. By knowing the reasons behind them you can see they are a normal response to the hormonal changes in your body. And by implementing dietary and lifestyle changes, you can start to take control again!

Here are a couple of natural alternatives to prescription drugs that you might like to review:

MellowPause – A natural remedy for menopause.

Menozac. – Discover why more women are turning to Menozac for Natural Menopause Relief.

There are also many more resources and lots of information about controlling and treating Menopause symptoms in my e-book, Natural Menopause Relief Secrets.

Kathryn Whittaker has an interest in Menopause. For further information please visit

<http://www.natural-menopause-relief-secrets.com/menopause.html>

or on

<http://natural-menopause-relief-secrets.com/blog/2006/07/28/beat-hot-flashes/>

sites.

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menstruation, but there are many others.

By Lynn Donn

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The first thing to note about menopausal symptoms is that there is a surprisingly long list of them, and that no list is really comprehensive, because every woman experiences menopausal symptoms in an individual way. Hot flashes, night sweats, mood swings, a decline in libido and changes in the menstrual cycle are very common menopausal symptoms, but there are many others. Some very fortunate women experience these symptoms only mildly, or not at all, while for others the menopause phase can prove a very challenging stage in life. If you are experiencing hot flashes, night sweats, depression, mood swings or changes in your menstrual cycle, and you're a woman between the ages of about forty and sixty five, it's likely that these symptoms are signaling the onset of menopause, but see your doctor for an individual, professional diagnosis. Your doctor is also the best person to talk to about what you can expect in the years to come, and the treatment options which are available to you should you need them.

A brief list of common menopausal symptoms.

Hot flashes, sometimes called hot flushes, is a term used to describe a sudden sensation of warmth in the face, chest and neck, which may be accompanied by redness in the skin, a pounding heartbeat and sweating. This may last only a few minutes, or up to half an hour. A chill or cold sweat may follow. Night sweats are associated with waking in the night with an increased body temperature, often with bedding and nightclothes drenched in sweat.

Emotional and mental symptoms are also very common, and can be very distressing. These may include mood swings, depression, irritability, difficulties in concentrating, mental confusion and memory problems.

A decline in libido is another very common menopause symptom. This may be exacerbated by vaginal dryness, and a thinning of the skin around the cervix, which can make intercourse uncomfortable.

Lynn Donn is the webmaster for <http://www.menopause-symptoms-perimenopause.com> Her website includes helpful articles on perimenopause and menopause symptoms including hot flashes and night sweats. Site offers suggestions on how to ease symptoms of menopause and perimenopause naturally using black cohosh, soy and natural progesterone cream etc.

Common menopausal symptoms include hot flashes, night sweats and changes in menstruation, but there are many others.

Seven Tips For Coping With Hot Flashes

Menopause.... Discover How To Control The Symptoms.

First Symptoms Of Menopause

So What Are The Menopause Symptoms?

62 Ways To Beat The Gas Pump Monster
How To Find A Topic For Your Ebook
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