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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!

Seven Tips For Coping With Hot Flashes

By Alicia Simpson

What do you do when you suffer hot flashes? Ask most women and they will agree that the most common and irritable symptom of menopause are hot flashes. Some women refer to it as a "flash" because women report a flushed feeling about the face and neck. Those feeling usually came together with sweats.

Current theory proposes that certain brain chemicals called catecholamines and opiates may mediate hot flashes. It's now believed that the hypothalamus, one of the glands affected by estradiol withdrawal, somehow releases a trigger substance that results in thermoregulatory instability. The body's signals get mixed, triggering a warming and sweating sequence, in an effort to stabilize what it perceives as a change in body temperature.

To help you with that situation, here are 7 tips to cope with hot flashes which you might need.

1. Dress in layered clothing, preferably cotton, since natural fibers allow your skin to breathe. Then when you feel a flash coming on, you can simply shed layers to cool off. Since some flashes are followed by chills, it can be helpful to have a sweater to put back on.
2. Limit or eliminate altogether substances that may act as triggers: caffeine; alcohol; hot, spicy foods; diet pills; hot tubs; stress.
3. Drink plenty of water. Keeping well hydrated can help modulate your body temperature.
4. Keep a supply of ice water nearby – even at night beside your bed.
5. Use lighter blankets or a fan near your bed to deal with hot flashes at night.
6. Limit your intake of red wine, chocolate, and aged cheeses, which contain a chemical that can affect your body's thermostat and trigger a hot flash.
7. Make use of other coping behaviors. Psychological or behavioral coping techniques are getting more attention from the scientific community. For example, a small study conducted by a professor of

Seven Tips For Coping With Hot Flashes

psychiatry, Robert R. Freedman, Ph.D., at the Lafayette Clinic and Wayne State University School of Medicine in Detroit found that regular, practiced breathing reduced hot flashes by 50 percent in the study's 33 participants.

Other self-help behavioral methods include practicing self-acceptance (remind yourself, out loud if necessary, that this is a temporary symptom of menopause and perfectly normal), tracking the emotions and situations that precede a flash (thus putting some degree of self-control back into the equation), and trying to keep a sense of humor (share funny moments with friends who are also going through the transition).

Alicia Simpson is a mother and housewife who experience menopause. Her new guide book: "Menopause without Stress" is to tell women that menopause is part of life you cannot avoid. Visit her

Website [MenopauseWithoutStress.com](http://www.menopausewithoutstress.com) at

<http://www.menopausewithoutstress.com>

Herbal Remedies For Menopause

By Mary Davis

People becoming educated about the efficacy of herbal remedies for many medical conditions ranging from migraines to skin conditions. Many women have found more success using herbal remedies to combat their menopause symptoms than they did with prescription drugs suggested by their physicians. There are many different options available to women seeking herbal menopause remedies. It is important to learn which ones are most effective and provide the most relief for your particular symptoms.

Menopause symptoms are resultant from decreased estrogen and progesterone production in the ovaries. These hormone fluctuations can wreak physiological havoc on a woman. Among the symptoms a woman may experience are hot flashes, mood swings, night sweats, unexplained weight gain, exhaustion, and insomnia. Contain these symptoms is often very difficult and stressful. Prescription drugs can alleviate some of these symptoms; however, the prescription medications have drawbacks. Some have side effects so serious that they can be worse than the symptoms themselves. For example, some of the prescriptions made to treat hot flashes cause itchy rashes that cover the body. Other prescription medications have long term side effects, including diseases such as cancer. Often treating your symptoms with a safe, natural, herbal remedy is the optimal method for coping with menopause.

When you begin searching for an appropriate menopause symptom remedy, it might surprise and overwhelm you to see the vast quantity of available products. It can be difficult to Choose the right product. There are several people you might want to consult as you begin searching. Begin with a visit to your gynecologist. They will be able to advise you as to which herbal remedies are safe and appropriate for you. Moreover, they can also share information with you as to which methods have

Seven Tips For Coping With Hot Flashes

been effective for their other patients and which have not. In addition to your doctor, you might speak to a consultant in your local herbal store. More than likely, they have talked to other women who coping with the same symptoms. Based on this knowledge, they may be able to point you down the right path.

Black Cohos is one of the most popular herbs used to alleviate symptoms of menopause. This herb is effective for a number of different menopause symptoms including anxiety, hot flashes, and night sweats. The extensive studies on this herb suggest that is very effective. Pasque Flower has also shown itself to be a beneficial herbal remedy for coping with menopause symptoms. It offers a mild sedative-like effect. An herbal combination called MellowPause might also be helpful for some symptoms. It has a soy base, and mixes the power of Black Cohosh and Pasque flower to help you fight hot flashes, night sweats, mood swings, and insomnia. Menocore is yet another herbal combination that deals with the same symptoms. It contains a mixture of different natural herbal products.

One final product that might be successful on your symptoms is Triatone. The ingredients include Isoflavones, Black Cohos, Dong Quai, Chasleberry, and Licorice Root. This product not only alleviates many symptoms, but it may also leave you with an overall sense of well-being. You might also desire to contact your local natural food or herb store and to find out what natural supplements they carry. In addition to their side-effect free effectiveness, they tend to cost far less than the available prescription options.

Mary Davis contributes to several web sites, including

<http://dukof.com>

and

<http://femik.com>

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