



## DON'T LET HOT FLASHES MAKE YOU BREAK OUT INTO A SWEAT

Hot flashes are the most common symptoms of Menopause occurring in 70-85% of women due to falling estrogen levels and rising FSH levels.

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## TIPS TO HELP WITH NIGHT SWEATS

- Most common at 3-4 AM
- Chillow a pillow absorbs and dissipates heat
- Take a cool shower before bed
- Take valerian at night
- Chamomile tea
- Magnesium- glicinate and lycinate
- Tart cherry juice before bed
- Listen to Bineural Beats



## MODIFIABLE FACTORS TO HELP MANAGE HOT FLASHES

*Hot flashes can be magnified by the following factors:*

- Stress /Anxiety
- Diet high in simple sugars and refined carbohydrates such as fruit juices, cakes, cookies, candy, white bread, wine, beer
- Coffee( even decaf)
- Excess weight
- Smoking

# TREATMENT FOR COOLING HOT FLASHES

(ALWAYS CONSULT WITH YOUR HEALTHCARE PROVIDER)



## I. ESTROGEN THERAPY IS 95% EFFECTIVE

- Topp2% Progesterone cream rubbed into skin (¼ tsp.) (20mg)
- Meditation/Relaxation - studies show that meditation can cool hot flashes in 90% of women because it lowers stress hormones
- Dietary changes
- Vitamin E for hot flashes; 800 mg/day(2000 IU of Vit E daily for two weeks then take 400 IU daily until the bottle was empty. )
- B vitamins

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## 2. DIET

- Soy foods- a total of 45- 160 mg of soy isoflavones/day
- Soy nuts

These contains 35-50 mg of soy isoflavones

- 1 c. soy milk
- ½ c. tofu
- ½ c. tempeh
- 1/2c. Edamame
- 3 handfuls roasted soy nuts
- Ligans = Phytoestrogenic like flax, Omega -3 fats, bioflavonoids



### 3. HERBS

*(Always consult with your healthcare provider prior to starting any supplement)*

- *Black Cohosh*: New form *Menopret* and *Menofem* has been shown to reduce hot flashes
- *Dong quai*: Good phytoestrogen activity
- Evening primrose oil: 1000mg/day
- *Chasteberry*: Increases LH and decreases FSH
- *Maca*: Adaptogenic , *Femmenessence MacaPause* , Maca can interfere with thyroid meds
- *Amberen*: By Lunada Biomedical 100% natural combines calcium, Mg, zinc, vit.E, L-glutamate, glycine, a recent study shows it reduces hot flashes
- *PM Pueraria Mirifica*: Thai kudzu - most powerful supplement for menopause symptoms
- *Meno Morphosis*: Wise Woman Herbals CBD oi

#### Adaptogenic herbs

Ashwaganda

Rhodiola

Ginseng

Relora

Holy Basil

### 4. ACUPUNCTURE

Acupuncture is a great alternative to women who cannot or prefer not to use hormone replacement therapy. Acupuncture can stimulate the central nervous system to release chemicals that may alleviate hot flashes, mood swings and/or sleep disturbance.

## BOOK A VIRTUAL SESSION

*Remote consulting from a location that is comfortable and convenient for you.*

### Benefits of a Virtual Appointment:

- *Receive from our services from your current geographical*
- *Location flexibility of scheduling*
- *If you are unable to travel to our office*
- *To accommodate your work schedule*

*All sessions are conducted via a secure telemedicine service to ensure your privacy.*

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