



Natural Remedies for Hot Flashes



What are Hot Flashes?

Hot flashes may be described as a sudden feeling of warmth on the face and upper body, especially the head and neck areas. **Women who are undergoing menopause**, particularly perimenopause often experience hot flashes but it may also be as a result of lifestyle and certain medications.

Other symptoms that may accompany hot flashes include **perspiration, a flushed appearance** with red, blotchy skin rapid heartbeat, [headache](#), dizziness or [nausea](#).

Some women may also experience night sweats together with the hot flashes which can actually wake them up and **result in sleeping difficulties**. Hot flashes can last for as long as 30 seconds to several minutes. For most women hot flashes will stop after five years while for others, it can last as long as ten years.

What Causes Hot Flashes?

No one knows exactly what causes hot flashes. Research suggests hot flashes are as a result of a **drop in the level of the female hormone**, estrogen within the body. This drop has a direct effect on the hypothalamus, the part of the brain that regulates temperature which starts overproducing heat.

As a result an increase in body temperature occurs and chemicals are released that causes the **blood vessels in your skin to dilate** and starts a hot flash. While the skin temperature is rising, the body temperature begins to drop and the sweat glands release sweat to cool you off.

Help for Hot Flashes

Certain dietary and lifestyle changes can make a huge difference in **alleviating hot flashes**. Try to keep as cool as possible by drinking plenty of water throughout the day, dress in layers or use a fan or air conditioner. Increase your physical activity by exercising regularly, [stop smoking](#) and eliminate hot, spicy food, alcohol, and caffeinated beverages from your diet.

Learning to relax is imperative to cope successfully with hot flashes and using [stress](#) reducing techniques such as **deep breathing, yoga or meditation** is very helpful. If you experience moderate to severe hot flashes, medication such as estrogen therapy, progesterone therapy, antidepressants or blood pressure lowering medication may be prescribed. Estrogen therapy is generally the most effective treatment for hot flashes.

Natural remedies

Using natural remedies for hot flashes are sometimes a much safer and gentler treatment option than certain medications prescribed. Two wonderful herbs known as Cimicifuga racemosa (Black cohosh) and Pulsatilla vulgaris (Pasque flower) help to support a woman's overall health and wellbeing during perimenopause and menopause. These herbal ingredients **reduces common hot flashes** associated with the change of life, maintain healthy sleep patterns and supports balanced mood and routine calmness.

More Information on Hot Flashes

Tips to relieve hot flashes

In order to survive hot flashes, there are a number of useful tips that you can follow and these include:

- Keep well hydrated by drinking plenty of water to regulate your body temperature
- Dress in layered clothing so that you can shed layer after layer to cool off
- Avoid wearing tight clothing
- Wear cotton or linen fabrics instead of wool, synthetic or silk fabrics
- Take cool showers
- Exercise daily by walking, swimming or cycling
- Learn to relax by practicing deep-breathing exercises
- Eliminate triggers such as caffeine, alcohol, spicy food, chocolate and aged cheeses
- Keep ice water on hand, especially at night

- Stop smoking
- Reduce stress through meditation, yoga or visualization techniques.

Natural and herbal remedies for the treatment of hot flashes.



MellowPause:

Helps maintain balanced moods and healthy sleep patterns during menopause.

MellowPause™

MellowPause Benefits:

- Reduces common hot flashes
- Supports balanced mood and routine calmness
- Maintains healthy sleeping patterns
- Supports hormonal balance during perimenopause and menopause

What is MellowPause?

MellowPause is a 100% safe, non-addictive natural herbal formula containing a selection of herbs to **support a womans overall health during perimenopause and menopause**. MellowPause supports the temperature-regulating mechanisms of the body (to **address hot flashes** commonly associated with the change of life), while helping to **maintain healthy sleep patterns and balanced mood**.

Especially formulated for women by a Clinical Psychologist, MellowPause has been used for many years to safely **support the female system** during the common process of menopause. MellowPause **supports overall systemic health**, without compromising health or risking serious side effects.

MellowPause is presented in handy tincture form for **rapid absorption into the system**. The formula remains true to the whole spectrum method of herbal extraction, ensuring the potency, bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect

balance exactly as nature intended!

In **combination with a healthy lifestyle and diet** which excludes excess sugar, stimulants, artificial preservatives, colorants and excessive alcohol intake, MellowPause can make all the difference, **without compromising health or risking serious side effects**. While soy has been shown to have positive effects on hormone balancing, MellowPause's combination of herbal ingredients supports not only routine **balanced hormonal levels in the female body**, but also helps to maintain healthy sleep patterns and balanced mood.

The change of life's natural process

Although it may sometimes feel like it, menopause is not a disease or an ailment it is a **natural transition that occurs for all women** when they reach a particular age. Menopause is the time at "mid-life" when a woman has her last period. It happens when the ovaries stop routinely releasing eggs, this even occurs in a healthy woman. This is **usually a gradual natural process**, but sometimes it happens all at once.

Perimenopause is the period of natural gradual changes that lead into menopause. It commonly affects a woman's hormones, body, and feelings. It can be a stop-start process that may take months or years. "Climacteric" is another word for the time when a woman naturally passes from the reproductive to the non-reproductive years of her life.

The **ovaries' production of estrogen slows down** during perimenopause. Hormone levels commonly fluctuate, causing changes just as they did during adolescence. The changes leading to menopause may seem much more intense than those during puberty. The **intensity may be affected** by a woman's feelings about aging, including her reactions to social judgments about aging. The time after menopause is called post menopause.

The **average age for a woman's final period is 51**, but it can occur as late as age 60. Each woman's experience with menopause is unique. Some women experience very few changes during this time, while **others experience a variety of common fluctuations**.

The more you know about menopause, the better prepared you will be to make the transition smoothly. Dealing with menopause is best accomplished through a combination of diet, healthy lifestyle and natural support. Many doctors prescribe hormone replacement therapy (HRT). Before embarking on a treatment plan, it is always advisable to research all options available to you and find a treatment that works for you.

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