

## The Hot Flash Rescue

This stage of life has not been talked about much, and woman/men can find themselves experiencing puzzling changes. Hot flashes are a deregulation of the brains temperature control system, caused by unbalanced hormones. Instead of the body automatically making minor adjustments it over compensates causing a warm sensation followed by an increase of adrenaline associated with rapid heart beat then the temperature regulating system goes wild causing profuse sweating and other symptoms. The “hot flashes” can be numerous and severe, resulting in an instant rise of up to 3 degrees of body temperature lasting up to 5 minutes. There is no damage to your body from hot flashes but they can cause irritability, anxiousness and insomnia due to disruption of sound sleep.

Other symptoms associated with this transitional time of life include acne, bloating, fatigue, hair loss, loss of sexual desire, urinary incontinence, chest tightness, anxiety, insomnia etc.

### To improve symptoms:

- Get the basics under control today.
- Avoid alcohol, including wines with sulfite preservative, especially at night
- Avoid caffeine, as it directly affects the blood vessels
- Avoid MSG (monosodium glutamate) a food preservative, commonly seen in Oriental food, salad bars, packaged foods and fast foods.
- Avoid Nitrates. This is a preservative seen in processed meats, such as, sausages, hot dogs, lunchmeats, deli meats and other foods.
- Avoid spicy foods – they directly affect the blood vessels
- Avoid smoking
- Take a multivitamin
- Do a detoxification if needed.
- Natural Hormone Replacement Therapy

### Diet

- Eat a better diet. Stop the binge and “urge” eating.
- Drink at least 40-60 oz of filtered water a day, preferably not in plastic bottles.
- Non-GMO Soy - Can help diminish the intensity of hot flashes and night sweats. Consume moderate amounts of soy isoflavone supplements daily.
- Probiotic formula (I suggest “Greens Pak” from your local health food store) mix into a Protein (soy) smoothie every am. I have a recipe if you need it.
- A tea steeped with equal parts of Chamomile, Skull cap and Oat straw has been found to provide a stabilizing affect on the blood vessels and a calming affect on the mind.

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### Supplements

Golden Flaxseed 1-2 Tbsp a day ground up and on top of your food. It is effective in lessening hot flashes and sweating as well as helping depression and fatigue. Est Aid 2 capsules morning, noon and evening for 2 months then 2 morning and evening for 1 month DHA/EPA 480/288 1 three times daily, an Omega 3 fish oil supplement. A complete Multi-vitamins, be sure to include the following:

- Vit. B Complex (liquid form) 2 dropper full am and noon for 1 month then 1 dropper am and noon daily
- Vit. C 1000mg three times a day
- Vit. E 400-1200IU daily
- Magnesium 500mg 1-3 times a day (at least 1 before bed) helps to relieve mood swings, insomnia, anxiety, tissue dryness and water retention.
- Zinc 15mg daily helps to balance estrogen and increase progesterone levels. Also, useful to build strong bones and improve your immune system.
- Calcium Citrate 1200mg daily for bone strength
- Vitamin D2 1,000 iu daily

### Exercise.

As much as you dislike the idea, work out vigorously for at least 30 min. a day five days a week is a must.

### De-stress

Calm down now. Off the top of your head think of your major stressors and make a change today to rid these issues from your life. Your central nervous system is in a fragile state right now – you are not handling the stress right now – STOP.

Stress amplifies symptoms and causes the body to produce the hormone cortisol. Too much cortisol can cause diabetes and high blood pressure problems. Stress also takes from the body essential minerals and vitamins.

### Comfort your adrenal glands

At times of high stress, replacing lost minerals and vitamins can help the adrenal glands produce less stress hormones.

Have your Cortisol levels evaluated and read this book - follow these recommendations like a bible:

Adrenal

Fatigue, The 21st Century Stress Syndrome. James Wilson, ND., DC., Ph.D