

# 5 WAYS TO COOL-DOWN HOT FLASHES & NIGHT SWEATS



# WHAT IS A HOT FLASH AND POSSIBLE TRIGGERS?

Hot flashes are the most common perimenopausal symptom in our culture with 70-85% of women experiencing them at some point during their transition. Hot flashes can be very mild or severe, causing sleepless nights and days riddled with anxiety and exhaustion. When a hot flash hits you it feels like a wave of hot water crashing over your head (at least that is my experience of it). Intense heat then spreads over the head, face, neck and chest, leaving a trail of sweat and redness.

A hot flash can last from anywhere between 1-5 minutes. These 'heat waves' are triggered by a sudden drop in oestrogen levels which in turn tricks the body into thinking its too hot and thereby starting the cool-down process.

This cool-down process causes the blood vessels to dilate , allowing more blood to rush through our blood vessels, making the skin feel hot and sticky. On the back-end of this heat the body starts sweating to cool down. Thereby having fulfilled the cool-down process. This is similar to what a body tries to do when we have a fever.

Hot flashes are triggered by hormonal changes and external factors such as:

- diet
- warm environment
- alcohol
- coffee
- perceived stress
- emotions & anxiety

I suggest keeping a little journal to track and uncover your specific hot flash triggers. Once you know your unique triggers you can make use of my below tools to help cool down!



# 1. HOT FLASH SPRITZER

This is a hot flash essential and one of my favourite. Take a 60ml spritz bottle. Fill it with water and add these cooling essential oils to it:

- 7 drops clary sage
- 7 drops peppermint
- 5 drops geranium

For an extra kick keep the bottle in the fridge.

Always carry it in your handbag and keep it on your bedside table.

## SUPPLEMENTS AND HERBS

There are a couple of highly recommended supplements and herbs I will introduce to you:

### 2. Magnesium Glycinate

It has been proven that hot flashes are linked to magnesium deficiency. I suggest taking 400-600 mg a day preferably at night as it also helps with sleep.

### 3. Adaptogenic Herbs

Adaptogenic herbs help your body to resist to all sorts of different stressors

- **Macha** is a plant native to Peru. It helps with vaginal dryness, low libido and hot flashes. Add 1 tsp to your smoothie.
- **Ashwaganda** lowers blood sugar and supports your energy levels I advise 300-500mg/day

### 4. Vitex or Chasteberry

Super powerful and effective supplement for women during their perimenopausal years. One of my favorite to combat hot flashes. I advise 150-200mg per day. If you still menstruate you should take it during the luteal phase of your cycle (day 14-28)



## 5. DIET

Addressing your diet can be a major stepping stone into combating hot flashes. Any diet high in sugar, refined carbohydrates such as found in fruit-juice, cakes, cookies, candy, white bread, beer and wine can exasperate the frequency and intensity of hot flashes. Coffee, sadly, can also be a trigger in some women.

However certain foods can help reduce hot flashes.

**Phytoestrogens** are a natural hormone found in plants, that have somewhat of a similar effects to the hormones found in the female body.

**Flaxseed** is the best source of a phytoestrogenic compound known as lignans. Especially the golden flax is a great source of Omega 3. 30g 3 to 7 days a week is recommended. Best ground up and added to smoothies, salads or soups.



### Morning matcha

This is a delicious, nutritious recipe for a morning smoothie that could replace your cup of coffee. The chlorophyll from the matcha supports the liver detox and the maca is an excellent adaptogenic herb helping to support your adrenal glands.

#### ingredients

- 1 cup coconut water
- 1 cup roughly chopped spinach
- 1 frozen banana
- 1 1/2 Tsp matcha
- 1 Tsp maca powder
- 1/2 avocado
- 1 serving of protein powder

#### instructions

- Mix all of the above in a high-speed food blender or processor until smooth.