

Natural Help 4...

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

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

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

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
- Stay cool by using during the day and at night
- 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.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

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Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

MellowPause: Supportive remedy for menopausal women - promotes balanced mood restful sleep

MellowPause is a 100% safe, non-addictive natural herbal formula containing a selection of herbs to **support a woman's 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 effect 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.

[Learn more about MellowPause](#)

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4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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