



NATURAL
MENOPAUSE
SUPPORT

HOT FLUSHES

Understanding and managing hot flushes and night sweats



HOW COMMON ARE HOT FLUSHES?

- The most well known menopausal symptom
- 40% of women won't experience hot flushes according to European data
- In Australia, data shows only 25% of women experience them

HOW LONG DO THEY LAST FOR?

- 1 year in 70% cases
- 5 years in 30% cases
- Up to 10 years in 5-10% cases



WHAT IS GOING ON?

- During a hot flush the blood vessels in your face, abdomen, back, chest, arms, legs and fingertips dilate, letting blood rush into that area. That rush of blood makes you feel hot.
- Norepinephrine, one of our adrenal hormones is one of the hormones responsible for temperature regulation of our body.
 - One of the main ways it does this is by activating a receptor called α_2 -adrenergic receptors.
- Oestrogen helps modulate the α_2 -adrenergic receptors in our brain.
 - Sharp dips of oestrogen can make these receptors to misbehave.
- Stress (increased sympathetic nervous system activity) makes the temperature receptors more sensitive to oestrogen fluctuations.
- Oestrogen is a cooling hormone, and progesterone is a heating hormone. When our oestrogen levels dip strongly, we experience a strong feeling of heat.



NATURAL TREATMENT

*Get the
Basics
Sorted*



1 – LIVER HEALTH

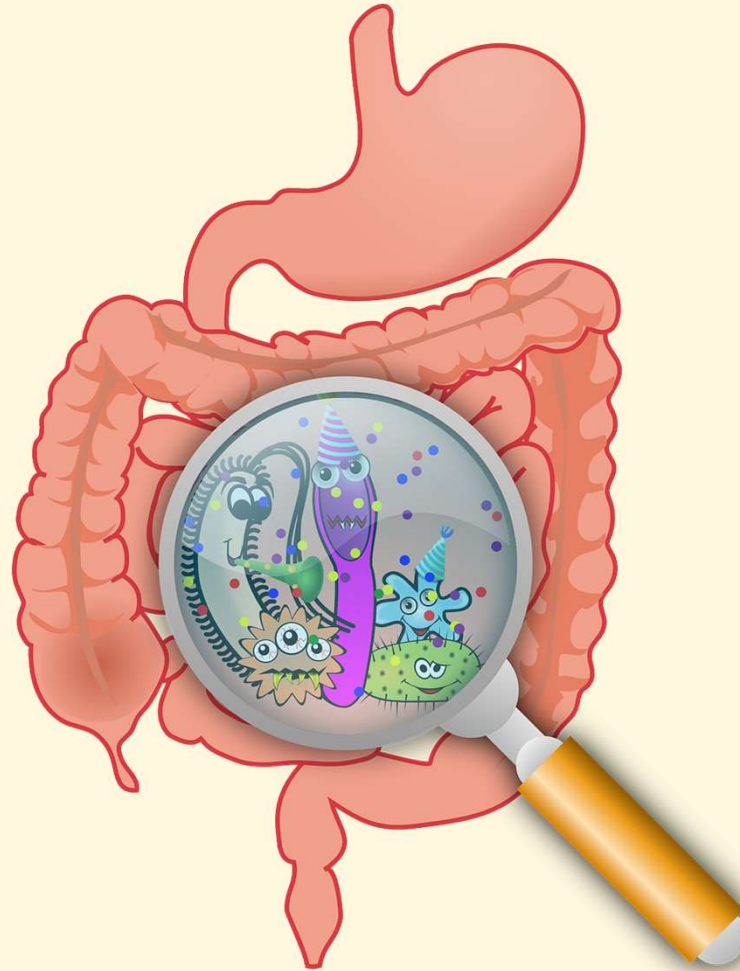
- The liver works to detoxify your oestrogen
- Our liver is constantly protecting us from toxins in our environment. By menopause, it's processes can be getting sluggish.
- Certain viruses and bacteria that harbour in the liver can worsen hormonal imbalance



2 - GUT HEALTH

Microbiome – Your Gut Bacteria Balance

- The bacteria in your gut are also important for processing and eliminating hormones
- Beta-glucuronidase enzyme can be elevated if dysbiosis is present
- Hormones can be sent back into the system, causing imbalance



3 – MANAGE STRESS

- Our adrenal glands make a lot of our stress hormones.
- After menopause our adrenals have to take over the production of oestrogen and progesterone.
- Women who are stressed have more pressure on their adrenal glands.
- Burdened adrenal glands can make menopause worse.



HERBAL MEDICINE

*To reduce hot flushes
and sweats*



HERBS FOR HOT FLUSHES

Black Cohosh

Black Cohosh

- Balances LH and oestrogen
- Some phyto-oestrogen content but method of action uncertain
- Varying results in studies
- Anti-spasmodic
- Helpful for those who feel a 'dark cloud over them'



HERBS FOR HOT FLUSHES

St Johns Wort

St Johns Wort

- Mood stabiliser
- Anti-viral
- Can affect drug metabolism
- Can cause photo-sensitivity



HERBS FOR HOT FLUSHES

Motherwort

- “Lion-heart:”
- Bitter, cooling
- Helpful for palpitations and nervousness centred in the heart
- For those who need emotional support, they feel isolated, alone, unsupported



HERBS FOR HOT FLUSHES

Sage

- Helps the body to retain fluids – reduces sweating
- Modulating effect on hypothalamus
- For 'damp relaxation' states
- Good for throat and mouth problems – a sore throat must have remedy
- Helps ease the menopausal transition
- Specific for the drying out that can occur at menopause – of the skin, hair, mucous, tendons and the secretions



HERBS FOR HOT FLUSHES

Vervain

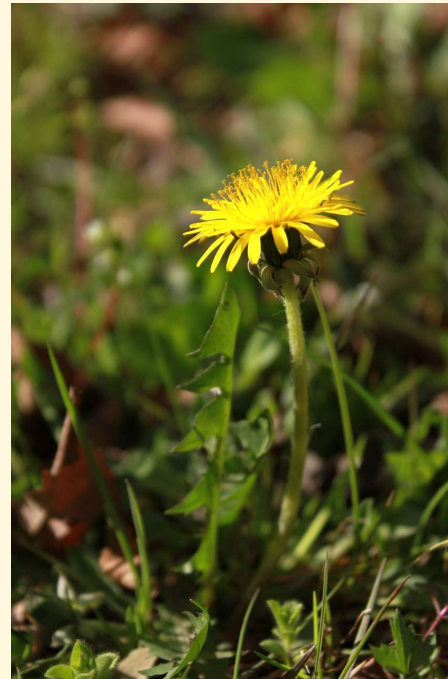
- For those who are tense and nervous – highly driven women
- Supports liver and digestion
- Helpful for tension in the upper body- neck and shoulder pain
- Cooling, bitter



HERBS FOR HOT FLUSHES

Heat and liver moving herbs

- Dandelion
- Globe artichoke
- Burdock
- Yellow Dock



HERBS FOR HOT FLUSHES

Nervous System and Adaptogen Herbs

- Vervain
- Skullcap
- Hops
- Passionflower
- St Johns Wort
- Oats
- Wood Betony



DIET TIPS FOR HOT FLUSHES

What to include

What to Avoid



FOODS TO INCLUDE

- Cooling foods
- Cooling spices: fennel, mint and coriander
- Phyto-oestrogen (see nutrition guides)
- Wide variety of fruit and vegetables
- Consider including rose petals
- Electrolyte rich foods such as coconut water



ROSE PETAL JAM

- 2 dozen roses, red preferably, or 4 cups rose petals
 - 4 cups sugar
 - 2 cups water
 - ½ cup sugar syrup (alternative – corn syrup, honey, molasses, agave nectar)
 - Juice of one lemon
 - ¼ tsp cream of tartar
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- Pull off the petals and snip off the white base. Put it in a bowl and cover with sugar. Set aside for 4 hours or overnight, tossing occasionally with a fork to mix sugar and petals.
 - Bring water to a boil in a large pot. Add sugared petals and remaining ingredients and stir gently until sugar melts.
 - Reduce heat and simmer on medium heat for 45 minutes until jam thickens. Cover pot the last 10 minutes of cooking time.
 - Pour into small clean jam jars and seal lightly. When cool tighten lid



FOODS TO AVOID

- Caffeine
- Alcohol
- Spicy foods
- Sugar
- Energetically heating foods
- Processed fats and oils
- Consider reducing wheat and dairy if you could have an intolerance
- Any other foods you may have an intolerance too



LIFESTYLE

Tips and tricks



BEATING THE SWEATS

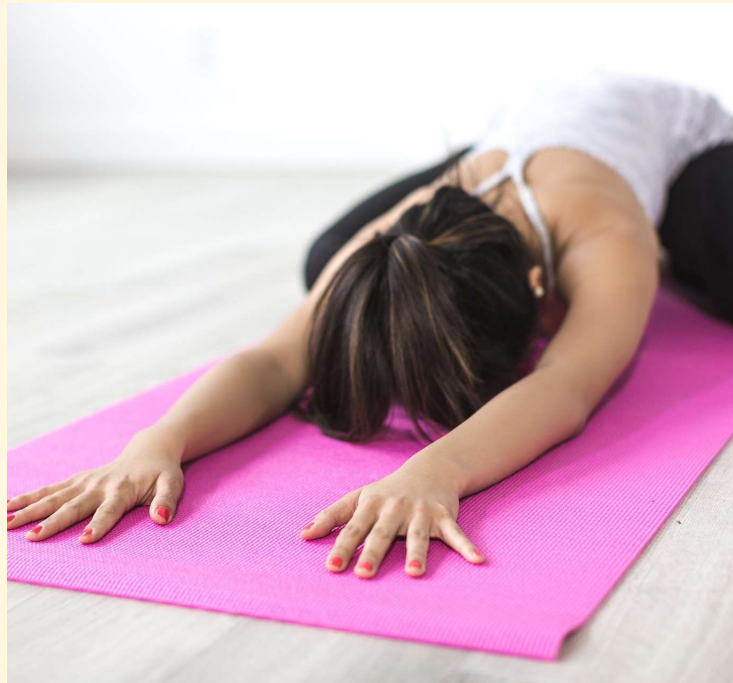
Tips and tricks to cope with hot flushes and sweats

- Handheld fan
- Dress in layers, and choose natural fibres
- Cooling pillow
- Towel under you in bed
- Cold drinks



YOGA POSES

- Cat Cow
- Childs pose
- Cobra/sphinx pose
- Forward bend
- Fan pose
- Legs up the wall pose



CONVENTIONAL TREATMENT OPTIONS

- Hormone replacement therapy (HRT)
- Anti-depressants (SSRIs)
- Bio-identical hormonal therapy
- Body identical hormonal therapy





COMPLETE YOUR WORKSHEET

Next Module:
Sleep