

THREE SIMPLE & EFFECTIVE WAYS TO TAME YOUR PERIMENOPAUSE HOT FLASHES NATURALLY

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WELCOME!

Thank you for requesting the **“3 Simple & Effective Ways to Tame Your Perimenopause Hot Flashes Naturally”** guide!

Hi, I'm Amanda! I am a certified wellness practitioner, Doctor of Pharmacy (PharmD), and creator of the program, “Peace in PeriMenopause, Your 90-Day Roadmap to Thriving in Midlife”. I specialize in empowering women who are experiencing the **physical** and **emotional roller-coaster** of perimenopause with **simple** and **effective evidence-based** strategies and solutions so they can **reclaim their vitality and live the life they desire**.

My clinical knowledge, research experience, and 10 years of personal experience make me uniquely qualified to help women – whether they are just beginning or well on their way through their “menopause transition” (aka perimenopause).

I had my first (of MANY to come) hot flash at 38(!). I was quite a bit younger than the average age of onset so no one considered that I might be in perimenopause. I began having hot flashes *everywhere, all the time* – a walking, talking hot flash if you will.

My hot flashes were soon joined by **weight gain, sleepless nights, fatigue, mood swings, brain fog** and more (so much more!). I was told hormone therapy would be the *only* thing that could help the majority of my symptoms – but *I was also told that I should not take hormone therapy*.

So I began my search for natural, effective, science-backed ways to relieve my hot flashes and I soon uncovered a whole world of **simple (non-pharmacological) solutions** that would address perimenopause symptoms. And after a lot of research and some trial and error, I finally found the combination of 3 things that helped me control the frequency and intensity of my hot flashes. I soon learned that the same techniques helped with my other symptoms as well. I was finally able to **sleep at night**, wake up **refreshed** and with a **clear head**, and **ready to take on the busy days ahead**.

I hope this guide empowers you to begin to feel and live at your **very best!**

If you would like additional FREE resources to help you make sense of and manage your perimenopausal symptoms, click [HERE](#) to join the free **Peace in PeriMenopause Facebook Community**.

Very sincerely yours,
Amanda

HOW TO BEST USE THIS GUIDE

I have outlined the key steps below that will help you make the best use of this guide and then you will find the three action steps that will **help you tame your hot flashes!**

Step 1: Read the **“3 Simple & Effective Ways to Tame Your Perimenopause Hot Flashes Naturally”** guide.

Step 2: Join the **Peace in PeriMenopause Facebook Community**. – click [HERE](#) to join.

Step 3: Reserve some time in your daily schedule to focus on the steps in this guide that work for you. Do not hesitate to **ask any questions** you may have on the **Peace in PeriMenopause Facebook Community** page.

Step 4: Focus on the wins. Making small changes over time is the best way to find out if something works for you and to make it stick. Taming your hot flashes won't happen overnight so focus on the small wins and keep at it!

Step 5: Ask for help at any time. If you would like more information on the program: **“Peace in PeriMenopause: Your 90 Day Roadmap To Thriving In Midlife”**, click [HERE](#) to book a free discovery call.

As you will see below, several biological pathways are now thought to be involved in the development of hot flashes during perimenopause. This offers us the opportunity to tackle them in different ways. Below are three surprising yet simple, powerful, and natural ways that helped me tame my hot flashes during perimenopause.

3 TIPS TO TAME HOT FLASHES

TIP #1: Catch Your Breath!

Notice your breathing while you're driving, eating breakfast, sitting at your desk, or elsewhere throughout the day. Then try this simple paced breathing technique which involves controlled, deep breaths that slow your breathing as you concentrate on your diaphragm (the area below the lungs).

- Sit or stand comfortably and pay attention to your breathing.
- Imagine filling a cup with water when you inhale.
- Pay attention to the movement of your belly under your hand.
- Count as you breathe in for 4 to 5 seconds and breathe out for 4 to 5 seconds.

Try to do this for 5 minutes at a time.

Paced respiration can help with nervous system regulation and reduce the stress response, which has been shown to be beneficial in managing hot flashes. It can be particularly useful when practiced at the onset of a hot flash but it is also helpful if you practice during times when you are not experiencing a hot flash.

TIP #2: Strike a (simple) Pose!

Yoga in general and some poses specifically can help regulate the nervous system and reduce stress, which is important in managing hot flashes. You may wish to dedicate 15-20 minutes each day to practice one or more of the poses below and focus on deep, slow breathing to enhance relaxation.

- Forward Bend (Uttanasana): Stand with feet hip-width apart, bend forward at the hips, and let your head hang down. Hold for 5-10 breaths.
- Legs Up the Wall (Viparita Karani): Lie on your back with your legs extended up against a wall. Hold for 5-15 minutes.

3 TIPS TO TAME HOT FLASHES

TIP #3: Eat This (and Perhaps a Little Less of That)...

Certain foods can help reduce inflammation, balance hormones, and reduce hot flashes, while others might trigger them.

↑ **Tofu, soybeans/edamame, soy milk** contain soy which has been shown to help hot flashes in some studies (research suggests that moderate amounts of soy-based foods are not associated with an increased risk of breast cancer – rather they may be protective).

↑ **Berries, oats, and seeds** contain phytoestrogens, which mimic biological estrogen and may help control hormonal levels.

↑ **Sardines, salmon, anchovies, chia seeds, hemp seeds, avocados** are high in Omega-3 fatty acids which may offer some relief from hot flashes and night sweats (pro tip: replace meat products with fatty fish and butter with olive oil).

↑ **Cucumber, radish, cabbage, cauliflower, carrots, bananas, watermelon, and pears** are considered “cooling foods” and may offer relief for some women.

↓ Some foods have been shown to make hot flashes worse: coffee, alcohol, processed sugars and fats.

↓ Try limiting your intake of ultra-processed foods.

MORE INFORMATION ABOUT HOT FLASHES

Hormone fluctuations during perimenopause (or the menopause transition) impact several systems in our body, like our cardiovascular system (heart, arteries, and veins), our musculoskeletal system (bones and muscles), and our central nervous system (brain, spinal cord, and nerves).

As such, many of the physical and emotional symptoms that are associated with perimenopause, including hot flashes, night sweats, mood changes, forgetfulness, and others, are thought to be caused by these hormonal imbalances. Research is emerging to suggest that nervous system dysregulation and inflammation are also involved in the development of these troubling symptoms.

According to the National Institutes of Health (NIH), most (up to 80%) of women will have some hot flashes or night sweats as they go through menopause, and for a few women (like me), these hot flashes can be very disruptive.

The severity and frequency of hot flashes can vary, even in the same woman. Some women have few or more mild hot flashes, but about 10% of women will have more than seven hot flashes a day.

Hot flashes can interfere with sleep, make it harder to concentrate, affect our mood and energy levels, and cause us more stress, which ultimately leads to a poor quality of life—professionally, socially, and in our family lives.

It is thought that hot flashes occur because hormone fluctuations cause chemical messengers in the brain to send signals to blood vessels to flush, which causes the sudden feeling of warmth and sweating. Nervous system dysregulation, stress, and inflammation can also cause hot flashes or make them worse.

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