

~ Thrive in Midlife ~

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



Dr. Amanda M. Crisel

PeriMenopause Practitioner, CWP, PharmD

www.amandamichellewellness.com

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 “Peace in PeriMenopause” program. I have the honor of supporting women who are experiencing the **physical** and **emotional roller-coaster** of perimenopause by providing information and coaching around **simple and effective evidence-based** solutions so they can **feel better, function better, and thrive in midlife!**

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 (so many!) hot flashes 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 **night sweats, 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.*

And so began my search for natural, effective, science-backed ways to relieve my hot flashes and night sweats (I just wanted to sleep!). Soon, I uncovered a whole world of **simple solutions** to address perimenopause symptoms. After a lot of research and 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 function at your **very best!**

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 3 action steps I took to help me tame my 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: See some links below for **further resources**.

- Join the FREE **Peace in PeriMenopause Facebook Community** to connect with other women who are on a similar journey!
- Book a 20-minute PeriMenopause Consult Call with me [HERE](#).
- Visit www.amandamichellewellness.com to find out about FREE virtual “Hot Flash Happy Hours” and other workshop opportunities.

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.



Foods that can make hot flashes worse: coffee, alcohol, processed sugars and fats, and ultra-processed foods.

MORE INFORMATION ABOUT HOT FLASHES

Hormone fluctuations during perimenopause 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.

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.

Tackling our hot flashes can help with our night sweats which can help us get better sleep which then benefits ALL OF OUR SYMPTOMS! So go tame those hot flashes!

Good Luck!

Thank You!



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