

Hot Flashes: Homeopathy Helps You Turn Down the Heat!

Hot, Hot, Hot! The number one complaint I hear from woman entering menopause is hot flashes. A certain amount of hot flashes is normal during menopause. Ten percent of women in the US experience none at all.

by Myra Nissen, CCH, RSHom(NA)
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In my previous article *Menopause... Passage into Power*, I talked about menopause as a time that marks the beginning of a new era in the life of a woman, one that can be filled with new optimism and strength. But one of the biggest roadblocks to enjoying this new era is hot flashes!

HORMONES FOR LIFE

The truth is, over her lifetime a healthy woman never stops

producing hormones. There are many hormones involved in a woman's cycle. Hormones are produced in a number of glands —the pituitary hypothalamus, thyroid, adrenal glands, and ovaries. Together they ebb and flow in a complex yet miraculous rhythm that allows us to be, well, women.



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Hormones enable our reproductive function. They maintain the elasticity of our skin, integrity of our bones and other tissues. The balance changes as we go through life's cycles. Hot flashes will stop when hormones regain their balance.

IT'S ALL ABOUT HORMONES

So, what else is new? One theory blames estrogen as it decreases as we age. The prevailing theory is that it has to do with hormones released by the adrenal gland. A weak adrenal gland can cause many of the complaints women have during menopause such as loss of libido, forgetfulness, irritability, anxiety, and diminished physical stamina.

HRT, NO FOUNTAIN OF YOUTH

Hormone replacement therapy (HRT) is traditionally used to ward off the symptoms of menopause. I caution women in my practice to research their options carefully and make their own decision about HRT.

Visit www.MyraNissen.com or Call today 925.826.3858

(see reverse)

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It doesn't matter which hormone, estrogen or progesterone, natural or synthetic, topical or oral, the risks increase the longer we use them. Topical creams enter the blood stream at uncontrolled rates and may approach or exceed the levels of oral hormones.

Risks of Estrogen:

- Cancers: uterine/breast/ovarian
- Liver & Gall bladder disease
- Headaches/migraines
- Depression

Risks of Progesterone:

- Weight gain
- Fluid retention
- Depression/anxiety/sometimes psychosis
- Unwanted hair and acne
- Loss of sex drive

HOMEOPATHY TURNS DOWN THE HEAT OF HOT

Hot flashes can happen any time and anywhere. May come with increased perspiration, night sweats, leg cramps, or headache.

These differences help a homeopath determine the best remedy, a remedy that is as unique as you are. One that most closely matches a woman's symptoms. There are thousands of homeopathic remedies. The right remedy can turn the heat off and take care of other complaints of menopause.

See if you recognize your symptoms in these examples:

The remedy *Sepia* tends to be chilly during the day, hot at night with drenching sweats followed by chills.

Phosphorus is a remedy that addresses hot flashes accompanied by palpitations, rapid irregular heartbeat, dizziness, and anxiety.

Women, who constantly feel hot and sweat profusely on the head and neck from the slightest exertion, can benefit from *Calcarea carbonica*.

If you have questions, contact a board certified homeopath and cool down.

SELF-HELP

- Wear layers of breathable fabrics like cotton or silk
- Avoid stimulants: coffee, tea, colas, alcohol, and spicy foods
- Add a few drops of sage extract to your water
- Helpful supplements: lecithin, choline, and natural sources of vitamins C, D, & E

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HOMEOPATHIC WOMEN'S WELLNESS PACKAGES OFFERED

- Regulating Symptoms Associated with PMS & PMDD
- Understanding and Regulating Symptoms Associated with Menopause
- Improving Thyroid Health
- Reducing/Eliminating Fibroids
- *And More*

Call Myra Nissen, CCH, RSHom(NA), Board Certified Classical Homeopath, at 925.826.3858 to schedule a wellness assessment. See what Homeopathy can do for you.

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