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Hot Flashes - A NATURAL SOLUTION TO THEM

By Dr. Selene Wilkinson

Menopause is a natural chapter of a women's life that occurs when ovaries no longer respond to stimulus from the pituitary gland to secrete estrogen and progesterone. On average it happens at the age of 52 and can last from 6 -13 years. Hot flashes are one of the most common symptoms that women experience when going through menopause. They are caused by an imbalance in the hypothalamus which is the part of the brain that regulates our temperature.

HISTORY

Sally, a forty-seven year old women who thought she might be going through Menopause came to me as she was suffering from severe and frequent hot flashes. She was feeling constantly fatigued and would be soaking wet from hot flashes every 3-4 hours. She also started to have a temper with those around her and felt that she was aging extremely quickly in last few months.

Her diet included a lot of processed foods, dairy and meat and she did not eat vegetables daily. The only exercise she did was her walk to the bus stop to and from work.

DIAGNOSIS

Sally's blood tests showed that her estrogen and progesterone levels were low and her follicle stimulating (FSH) and luteinizing hormone (LH) were high, which in addition to a full year of an absent period put her officially in menopause.

Sally's tongue was red, with no coating but quite a few cracks which in Chinese medicine represents Yin Deficiency or "excess heat" in the body.

TREATMENT

I gave Sally a Chinese Herbal Formula to help support her Yin Deficiency. I also suggested that she take the herb black cohosh in addition to vitamin E daily. I had Sally use progesterone cream topically for the first few weeks of treatment.

Sally also agreed to work on her diet. She included more vegetables, especially dark green leafy vegetables (to keep the body alkaline) as well as foods that are good for women suffering from hot flashes such as mung beans, black beans, kidney beans, spirulina and



chlorella to help cleanse the blood. I also suggested 2 tablespoons of seaweed daily to support thyroid function. Sally also reduced the amount of processed foods and red meat that she ate.

I suggested that Sally exercise at least 40 minutes daily as regular exercise balances neurotransmitters, which regulate the hypothalamus and control thermoregulation.

OUTCOME

Within 2 weeks Sally's hot flashes had decreased to several times daily with none at night and eventually she did not have hot flashes at all.

Interesting Fact...

Hot flashes affect 75% of North American women but less than 10% in Japan.