

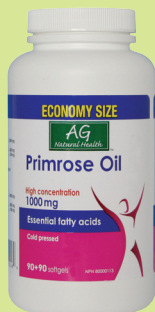
# Hot flashes

## Symptoms

- Sensation of heat on the face and neck
- Night sweats

Hot flashes associated with menopause are due to the gradual loss of estrogen during this time of a woman's life. Hot flashes are often described as a sudden sensation of heat, originating from the chest and progressing up to the neck and the face. They may last for a few seconds to a few minutes and occur at any time of the day. When they occur at night, they are often called night sweats.

## Recommended products



### Feminex Meno

The isoflavones in Feminex Meno help compensate the loss of endogenous estrogen during menopause, which causes hot flashes. Black cohosh is also recognized for reducing the number of hot flashes.

[learn more >](#)

### Evening Primrose Oil

Evening primrose oil contains GLA, an essential fatty acid involved in hormonal balance. It is a great complement to Feminex products.

[learn more >](#)

### Sage

Sage is traditionally used for hot flashes, thanks to its effects on sweating.

[learn more >](#)

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## Hot flashes

# Health Recommendations

### Diet

Some foods may increase the incidence of hot flashes during menopause. Obviously, hot spices are among these foods, but also alcohol, sugar and saturated fats. On the other hand, foods rich in phytoestrogens (isoflavones) such as soy products, flax and legumes would supply the woman's body with what it needs to keep a balance in the hormonal system. Indeed, Asian women are known to experience fewer adverse effects linked to menopause, including hot flashes, compared to Caucasian women. This would be due to their soy-rich diet (soy is naturally rich in isoflavones). Moreover, eating smaller meals would also be beneficial. Simply add healthy snacks between them.

### Physical Exercise

Menopausal women must absolutely remain physically active. Not only this will improve overall health, but according to some sources, physical exercise would contribute to reducing the incidence of hot flashes. As well, physical exercise will slow or reduce bone loss, which is known to be more extensive from the menopause and on.

### Hydratation

Drink at least 1.5 to 2 litres of water daily. A good hydration will prevent the more frequent dehydration associated with menopause and will contribute to reducing the severity of hot flashes and their impact on the body.

### Basic Advice

Smoking and physical inactivity have been shown to increase the frequency of hot flashes. It is therefore critical to remain active even during the rough times and to get rid of bad habits such as smoking.



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