



Hot Flush Relief - Natural Options

Hot flushes are a culmination of health imbalances coming together. You can have your menopause with flushes, but if you're here the likelihood is that you have them at present.

Working through the changes as laid out in my book 'Understanding Your Menopause' or my video series 'Feel Better in 28 Days' will resolve the underlying health imbalances that are causing your hot flushes to be worse, however you may want some extra support to help alleviate the symptoms now. Supporting your body chemistry with basic supplements is the basis of bringing it back into balance and the 'foundation set' (see supplements quick guide) will give you the exact supplements to get.

Here are some effective solutions:

Blossom Cream – relieves flushes as they hit and can prevent them / help you get a better night's sleep if inhaled and applied before bed time. Can use throughout the day. A blend of essential oils that combat some of the factors involved. Clary Sage is contraindicated if you have low blood pressure.

[Shop Blossom here](#) use code BLOSSOMCM for a 15% discount.

Magnets - applying to certain points on the body helps give heat relief, and gently supports the body chemistry that is out of balance. [Contact Andrea](#) for a magnet set and instructions £20 (incl PP).

Cytoplan Menopause Support - If your periods have stopped or are erratic then Phytoestrogens can help. These add a weak but effective amount of oestrogen into your body. This one contains Soy Isoflavones which are the strongest one on the market (non-HRT). If you're intolerant to Soya, try Red Clover Extract.

[Shop Menopause Support](#)

Hot flushes are triggered by a release of adrenalin during the day (this is different to night sweats), I have found with clients that if you do a short bout of exercise as you feel the flush it dissipates quicker, this can be as little as standing up and walking around the room. This dissipates the adrenalin quicker and may ease your flushes quicker. If they happen on waking you can do the same and/or inhale Blossom cream for 7 seconds.

Contact Andrea at [Cotswoldmenopause.co.uk](https://cotswoldmenopause.co.uk) or andrea.marsh@gmail.com if you'd like further support as I offer 1:1 consultations or 'Shiatsu for Menopause' if you're local.

A natural approach to a healthy menopause