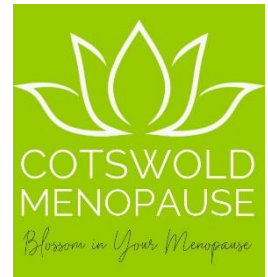


Hot Flush Relief - Natural Options



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 (non HRT). If you're intolerant to Soya, try Red Clover Extract.

[Shop Menopause Support](#)

Green Cardamom - from Ayurvedic medicine and works for my clients, a small scoop of this pure extract between 1 and 3 times a day depending on the severity of your symptoms.

[Shop Green Cardamom](#)

Contact Andrea at Cotswoldmenopause.co.uk or andrea.marsh@gmail.com if you'd like further support.

A natural approach to a healthy menopause