

# 12 Common Triggers of Hot Flashes and Their Quick Fixes

*by Pamela Bailey*



# 12 Common Triggers of Hot Flushes and their Quick Fixes

*Pamela Bailey*

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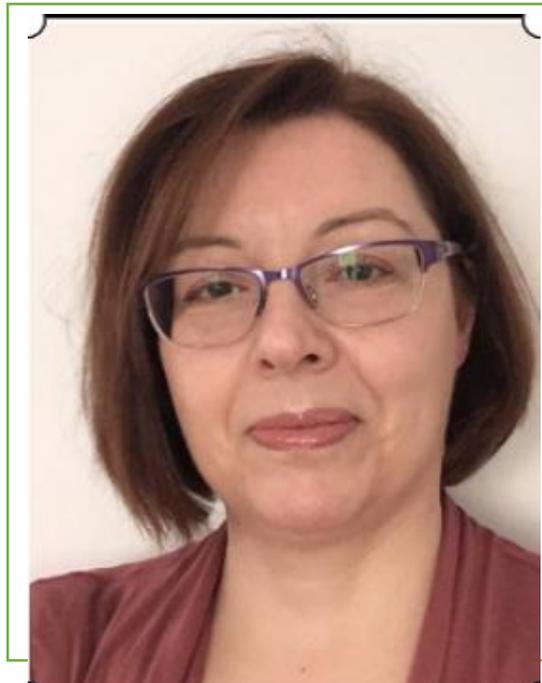
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## About The Author

As a Clinical Hypnotherapist and a Life Coach I love empowering women who are affected by major life events. Many things and people can affect our path through life, so whether you are facing redundancy, a divorce or significant relationship breakdown, your children have or are planning to leave home (university, travelling, moving for work) or women who are looking for a new direction in their lives I can help.



**NLP Master Practitioner & Coach – Society of NLP  
Clinical Hypnotherapist – GHR & CNHC Accredited  
Reiki Level 2 Practitioner  
Colour Mirrors Therapist.**

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### It's Arrived

I was only 38 years old, I shouldn't have had to be thinking about the Menopause for at least another 12 years, but here I was sitting across from my Doctor trying to take in the information he was telling me.

'You're premenopausal so you should be expecting symptoms like yours, no; a blood test won't be accurate, all women have to go through this at some stage, yes, I can give you medication to help with the Migraines'.

I left the surgery within 10 minutes with a prescription and nothing else. I felt cheated. I felt I was losing control of my body.

In the days that followed I began to get anxious that a hot flush could happen at any point and there is nothing worse than being at work, presenting an item in a meeting and feeling the flush start to erupt.

These days there are lots of information you can source about the Menopause, but as women we still don't talk about what we all have to go through at some stage in our lives, whether that is naturally or because of cancer or other medical conditions.

Always, always consult your GP or physician with your symptoms.

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What does a hot flush feel like?

A hot flush (or hot flash as used in the US) is often described as a creeping warm feeling that spreads quickly across your body and face. It begins very suddenly, increasing in temperature, for some it becomes unbearable, some women describing it as a volcano erupting. Others describe it as similar to being under a sun bed or feeling as though someone has put a hot coal in their stomach.

I also want to address night sweats too as they behave in a similar way to the daytime hot flushes, but some women find these are more frequent, more intense and can disrupt sleep several times in the night with you waking up covered in sweat

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### Common Triggers and their Fixes

#### ❖ **Stress and/or Anxiety**

Learn how to breathe properly. When a person is feeling stressed or anxious, they start to shallow breathe (i.e., breathe at the very top of their lungs). Consciously sit quietly, placing your hands on your belly and as you breath in, try to push out your belly as far as you can get it and keep breathing in until you have filled up the rest of your lungs right to the top – in Yoga we were taught it as ‘Buddha Belly’. Once you are sure you can’t fill your lungs any more, carefully with control, breathe out, pulling in your stomach with your tummy muscles. Repeat this as many times as you need to. Listening to specific hypnosis or guided meditations for stress and anxiety – YouTube is a great source for these.

#### ❖ **Too many clothes and/or covers on the bed**

Now is the time to rethink how you dress. Start wearing layers of thinner clothes, perhaps with more natural fibres that will help you too feel less wrapped up and should you have a hot flush, not leave you feeling anxious that you have wet or damp patches showing. At night, lay under lighter bed linens, possibly cotton sheets rather than a duvet, however these days you can get duvets with lower tog rating or sold as summer weight.

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### ❖ **Enclosed Spaces**

Open doors and/or windows and breathe using the technique described above.

### ❖ **Tiredness**

Be sensible with your bed time and reduce stimulation at least an hour before you turn in – no caffeine drinks, put away the I-pads, computers etc.

### ❖ **Rushing around, busy lifestyle**

Look to re-organise your lifestyle and your diary as much as you can to enable a slower pace wherever possible.

### ❖ **Strong negative emotions**

Avoid negative emotions like anger as much as you can by doing some physical activity, turning this negative emotion into positive energy, take up swimming, cycling or running. Learn meditation, or self-hypnosis, do your belly breathing,

### ❖ **Dehydration**

Drink plenty of water – about 2 litres. Keep a bottle of water with you

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### ❖ **Grape based alcohol**

Avoid wine – red and/or white. If you do drink it, you do so with the knowledge that you could have a hot flush as a result

### ❖ **Early mornings – late nights**

Look at your sleep routine as you may need to adapt it to provide you with the right amount of sleep you need

### ❖ **Hot and Hot together**

Eating a hot meal and then having a hot drink to follow could trigger a hot flush., Swap out the hot drink for a cold one. Cooking in a hot room, look to open windows

### ❖ **Spicy Foods**

If you like your Friday night spicy take away, and feel you can't do without it, go easy on the spice, drink lots of water and eat the dish with a cooling yoghurt sauce.

### ❖ **Low blood sugar**

Eat 3 regular meals a day, making sure they are well balanced. Some night sweats may be due to low sugar levels at night. Try having a piece of fruit or a smoothie about an hour before bed.

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### Summary

The menopause is a time of change for all women that some find more challenging than others. Evaluating your lifestyle and taking the decision to make some positive changes, you can take back control to manage and embrace this time in your life.

I hope you have found this information useful, of course there are other symptoms that you may feel are unique to you, but I would always urge you to see your GP to get a proper diagnosis.

Join me for the launch of my **Embrace Your Menopause** program and learn techniques to help to control your hot flushes embrace the changes and take back your power.

If you know of another woman in your life who you believe could benefit from my program, please feel free to pass on this E-book or ask them to visit my program page.

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## Resources

- [www.nhs.uk/Livewell/menopause](http://www.nhs.uk/Livewell/menopause)
- [www.womens-health-concern.org/help-and-advice/factsheets/menopause](http://www.womens-health-concern.org/help-and-advice/factsheets/menopause)
- The Natural Menopause Plan by Maryon Stewart
  - What Your Doctor May Not Tell You About Menopause or What Your Doctor May Not Tell You About Premenopause by Dr John Lee

[www.Changesahead.co.uk](http://www.Changesahead.co.uk)

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