

Hot Flashes...



...also called “flushes” or “night sweats” are the most common felt symptom of menopause. Have you ever had the sensation of a quick rush of heat to your body? And maybe with that heat also an increased heartbeat, sweating, skin blotchiness and chills when it subsides.... Sound familiar? Welcome to menopause, baby! Hot flashes are often felt most significantly in the face, on your chest or neck. A woman can experience a menopausal hot flash multiple times a day, each one lasting for a few minutes, and/or they frequently occur during the night as well. Hormonal and herbal treatments are available and we recommend you contact your doctor to learn more. If your partner is lacking empathy for you with this symptom, try dropping a few drops of habanero pepper oil into their morning Cup of Joe!

