

Life Begins With a Breath®
The Chinese Medicine Guide to Health
Courtesy of the Goodman Wellness Center

Hot Flashes!

What causes them?

In Western Medicine (WM) hot flashes are caused from an imbalance of hormones. In Traditional Chinese Medicine (TCM) hot flashes are caused from an imbalance of Yin and Yang.

What is Yin and Yang?

In Basic terms, Yin equals everything cool and nourishing. While Yang represents everything warm and functioning, similar to water and fire.

How does Yin and Yang relate to Hot Flashes?

In the body Yin (Cold) and Yang (Heat) try to maintain balance with one another. If

Yin (the cold aspect of the body) becomes weak or deficient, Yang (the heat) will become more dominant and will rise up to the face creating a hot flash. Think of a pot of boiling water that is partially covered only allowing a little steam out, that little steam is what warms your face. Now just think if that cover is removed all of the steam rushes out, that is a hot flash. Yin was the lid and Yang was the steam.

Can anyone get Hot Flashes?

Yes! Men and women both get hot flashes. Women have a tendency of getting Hot Flashes more than men.

Why?

Women menstruate. When digestion slows down in our thirties our ability to generate blood (Yin) diminishes. In females blood further becomes diminished due to menstruation and an imbalance of Yin and Yang is created, leaving the body with Yin Deficiency. It is at this time hot flashes begin to occur in women.

What symptoms usually come with Hot Flashes?

Night sweats, anxiety, dryness, depression, poor appetite, pale nails, lower back pain, low sex drive, fatigue, poor sleep, and headaches.

What can be done for Hot Flashes?

Acupuncture and Chinese Herbal Medicine is very effective in treating Hot Flashes and the subsequent symptoms. Each person presents a different level of imbalance and must be treated accordingly. For example, one individual may be under extreme stress and working late into the early mornings, therefore depriving

their bodies of sleep leading to Hot Flashes. While another individual may be in their early forties and just starting to have more menopausal symptoms like Hot Flashes, lower back pain, night sweats, mood swings, excessive worry, and dry skin. Now both people are experiencing Hot Flashes, however the root cause is much

different. Therefore, each person should be treated with a different set of acupuncture points and a different set of herbal formulas.

If you are experiencing Hot Flashes and want an alternative to Hormone Replacement Therapy call Steven at 949-460-9378.

Lifestyle choices you can make to reduce Hot Flashes

- Eat a variety of foods and at regular times throughout the day
- Twenty to thirty minute walks, daily (improves circulation, reduces stress)
- 5 to 15 minutes of just sitting and breathing a couple of times a day (reduces stress)
- Go to sleep between 9:00 PM and 10:00 PM
- Wake up at sunrise
- Avoid stimulants (coffee, alcohol, drugs). Stimulants increase stress creating **Hot Flashes**

Now if you do half of these things I would be pretty amazed and happy. So do not beat yourself up if you do not do them all. Just do your best.

Food For Thought

Easiest Fruit Salad Recipe that is high in Nutrition (Vitamins, Minerals, and Antioxidants)

Recipe:

Fruit staples: Apples, Oranges, Pears, Bananas

In season Fruit:

Watermelon, Strawberries, Cantaloupe, Honeydew, Peaches, Nectarines, Asian Pears, and what ever seasonal fruit you like.

Frozen: Cherries, Blueberries, Strawberries, Blackberries, Raspberries, Mango, Pineapple, Peaches, or any other you can find.

Peel the fresh fruit, one of each, chop, and place in a large bowl. Now go through the frozen fruit

and take a handle full of each, chop them up into smaller pieces, and place in the same bowl. Now you have a very nutritious and tasteful fruit salad that will last up to three days. Take it to work, school, or snack at home.

Vitamin C concentrations in Food (Milligrams per 100 grams edible portion):

1600 Acerola Juice	1300 Acerola Cherries	369 Red Hot pepper, Raw	235 Hot green pepper	
204 Sweet Red Pepper	200 Black Currant	186 Kale Leaves	172 Parsley	152 Collard Leaves
136 Orange Peel	136 Turnip Greens	128 Sweet Green Pepper	113 Broccoli	71 Orange with peel
61 Red Cabbage	59 Strawberry	56 Chive	51 Spinach	50 Orange, peeled
38 Grapefruit pulp	33 Cantaloupe	33 Asparagus	30 Beet greens	29 Lima Bean
23 Tomato	21 Sweet Potato	17 Pineapple	14 Blueberry	10 Beet
7 Apple, not pared	7 Watermelon	6 Iceberg	4 Grapes	2 Pecan

Daily recommended dose of Vitamin C is 500mg.

Twelve green grapes equal 100g.

One orange (skin included) equals 273g.