Kick the cause

Nourish yourself
When resources run dry hot flashes get more severe. Do nice things for yourself and your body every day. Take a bath, do daily oil massage, do yoga. Follow the nourishing Ayurvedic Morning routine. When you ‘feed’ yourself in the morning, you are likely to be more uplifted and energetic for the rest of the day.

Slow down
Stop trying to be Superwoman. It’s actually not all that cool, although it appears to be that way. Being superwoman feeds your fire too much (pitta), leads to burn out and dries up tissue. This causes your body to flash like a traffic light to get your attention…it wants more deep, quality nourishment.

Breathe deep
Do 15 minutes of alternate nostril breathing daily to calm the nervous system and bring harmony to the endocrine system. If that is too difficult, just do ten deep belly breaths daily.

Adopt an attitude of gratitude
The mind has a direct and immediate effect on the first tissue layer of the body, called Rasa Vaha Srotas, which nourishes all other tissue layers. Keeping the mind positive and uplifted also keeps the body in perfect balance.

Quick Fixes

Avoid
alcohol, caffeine, refined sugar, spicy foods and beverages. All of which aggravate Pitta (the fire element in your body). It just drives things over the edge.

Dress in layers
so you can take them off as you get hot and then cold again. Also, wear cotton instead of synthetic clothing. That way your body can breathe better and you won’t get nasty smelling clothes.

Embrace the hot flash
This is a practice of allowing and accepting. By simply acknowledging what is happening to your body you will be able to let go of embarrassment. The acknowledgment can simply be to yourself quietly, internally or out loud to another person. 

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The acknowledgement will make you feel more confident about yourself and you will perceive the hot flash as less severe.

Need Support?
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