



HOT FLASH AWARENESS CHECK LIST

Hot Flashes can often be one of the top symptoms, women struggle with during menopause. They are stressful, disruptive, and embarrassing!

Most often the contributing factor is circulation as blood vessels dilate causing an intense pouring out of sweat, often followed with excessive chills.

1) Hormone Imbalance

During menopause hormones fluctuate leading to many unwanted changes including hot flashes.

Question: Do you recognize that your hormones are out of balance?

2) Stress and Cortisol Spikes

There is a direct correlation between the intensity of hot flashes and stress causing spikes in Cortisol.

Question: Do you struggle with anxiety and stress management?

3) Spicy Foods

Capsaicin found in spicy foods triggers the burning sensation in your body worsening your hot flashes.

Question: Do you gravitate towards spicy foods?

4) Sugary and fatty foods

Maintaining a healthy weight can reduce symptoms. Excess body fat can worsen hot flashes.

Question: Do you struggle with unwanted weight?

MORE QUESTIONS ➔

HORMONE TESTING & WEIGHT LOSS

call/text: 416-884-8444

e: kelly@avitaintegrativehealth.ca

www.hormonetesting.ca   





HOT FLASH AWARENESS CHECK LIST (CONT'D)

5) Caffeine

Caffeine increases heart rate and dilates blood vessels increasing the intensity of hot flashes.

Question: Do you drink more than 2 cups of coffee daily and need caffeine to kick up your energy in the afternoon?

6) Alcohol

Alcohol dilates our blood vessels and has a massive heating effect on our body spiking your hot flashes and cortisol levels.

Question: Do you often drink a minimum of 2-3 glasses of wine after dinner?

7) Lack of physical activity

Inactivity is a direct cause of poor circulation leading to hot flashes and mood swings.

Question: Do you work out 3 to 5 times per week?

8) Medication

Medicinal treatments can have the side effect of hot flashes, seek natural alternatives where possible.

Question: Is your medication contributing to your hot flashes?

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