



## 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?

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### 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?

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### 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?

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### 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?

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## MORE QUESTIONS ➡

### HORMONE TESTING & WEIGHT LOSS

call/text: 416-884-8444

e: [kelly@avitaintegrativehealth.ca](mailto:kelly@avitaintegrativehealth.ca)

[www.hormonetesting.ca](http://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?

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### 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?

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### 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?

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### 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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