

# Hot Tips for **Hot Flushes**

The *Natural* Solutions Every Woman Needs To Know



An eBook  
by Anna Rushton



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## Introduction

# Hello my Hot Flash Friend!

I may not know you by name, but I certainly know how you are feeling because I too have been there. I am AnnA Rushton and I have been writing and speaking about health for over 20 years. In articles, books, and in my newsletters, I often hear the same story. It seems that hot flashes are the bane of many women's lives at menopause –and they have quite an effect on those around them too!

Hot flashes come on without any warning and can range from being mildly uncomfortable to downright unbearable. Symptoms range from just a slight redness of the face to a full body sweat that leaves you wringing wet and generating enough heat to boil water. Attacks can last from 30 seconds to several minutes, can increase your heart rate and often include the dreaded night sweats that can seriously disturb your sleep.

It's estimated that around 30% of menopausal women will get some form of hot flashes, so the good news is that 70% won't, but I never seem to meet them! How affected you are will depend on several factors, including where you live and what you eat. Some lucky women never get them at all – and that includes many vegetarians – and they are certainly very much more common in the western world. There is no word in Japanese for instance to cover this phenomenon because there do not seem to suffer from them – unless they have switched to a predominantly western diet.

So if you are unlucky enough to suffer from hot flashes I hope some of these suggestions may help you - and will certainly give you a bit more information on why some women are more prone to them than others are. I myself have certainly suffered through hot flashes which led me to try all of the ideas I am going to share with you.

Remember, every woman is different and what works for you may not work for your sister, or your best friend.. That's why there are so many different schools of thought on how to deal with them, and all of them are valid for some people some of the time – but rarely is there agreement that one thing works all the time for everyone.

You can only be guided by your own good sense and intuition, so do try different approaches until you find the thing – or combination of things – that work for you. You are unique, and you will find an individual regime that can cool you down and make life more bearable for you during this often uncomfortable time of your life.

I hope these tips give you a good place to start and all the suggestions I offer are aimed at helping you deal with your hot flashes in a natural, self help manner. However, do remember I am not a doctor and cannot give you medical advice, so please always take appropriate action by consulting your own medical adviser if you have any concerns about your health.

Finally, may I wish you dry days, cool nights and no more mood swings!

*AnnA*

AnnA Rushton - Offering You An Alternative View of Health

## Chapter 1      WHY ME?

The answer I am afraid is why not? Because if you are a menopausal woman, you are probably going to experience a few hot flashes as you transit this phase of your life. That said, some lucky women do escape this completely and I will share the reasons why with you. But for women generally there are some very good reasons why we experience the heat that we associate with menopause:

### Reason 1 – Blood Vessels

Hot flashes occur when the blood vessels below the skin dilate. This causes more blood to rush to the skin's surface, and that is what makes you look red and flushed, and feel that tell-tale rise in temperature. The body's normal response to this is to try and cool you down, and it does this by making you sweat. When your body temperature increases, your body immediately goes into action and how it normally brings your temperature down is through making you sweat. What is unique about hot flashes is that this mechanism kicks in when the outside temperature can be very low and you do not have any signs of fever.

### Reason 2– Fluctuating hormones

Well you probably already know all about this during menopause, and have certainly experienced some of its effects in terms of mood swings. In fact the changing levels of your hormones are also the prime cause of hot flashes. When your hormone levels fluctuate they cause the temperature control mechanism in the body to be disturbed. The centre which controls this is in a part of the brain called the hypothalamus and it seems that it is the changing levels of oestrogen and FSH (follicular stimulating hormone) that can upset this delicate balance and cause hot flashes.

Women having hot flashes usually have decreased oestrogen levels and increased FSH levels, but it is important to remember that it is the changes and fluctuations in the hormone levels – rather than the actual amount of hormone being produced – that produces hot flashes.

### Reason 3 – Surgical menopause

It is to be expected that menopause symptoms come naturally when a woman's childbearing years are coming to a close and the menopause, or the perimenopause that precedes full menopause, is under way. However, women who have had a hysterectomy, or their ovaries removed, at an age when they would not normally be going through menopause are more likely to experience more severe and frequent hot flashes after the surgery than in a natural menopause transition.

Even if the ovaries are retained, it is no guarantee that an early menopause will not occur, as their effectiveness at producing progesterone will be affected and will diminish over time.

## Chapter 2 WHAT ARE MY OPTIONS?

Hot flashes may be a natural, if not inevitable, part of menopause but that doesn't mean you have to suffer it in silence. There are many possible ways to tackle this problem and these are some options that you can try:

### 1 THE HRT OPTION

I have put this first, as it is the most common route for women who go to their doctor for help with menopausal symptoms. Indeed I took it myself for three months to get my symptoms under control when I was presenting a weekly health programme on television. Trying to look calm and in control when the sweat equivalent of the Niagara Falls is cascading down your back is no easy task and although I was fortunate in that it didn't show in my face, I had to choose my clothes with extreme care! I certainly controlled the hot flushes and sweats but, like a substantial number of women, I soon came off it as I found that the side effects were worse than the flashes.

HRT works because it generally consists of two parts: one will contain oestrogen and the other a form of synthetic progesterone, known as progestin or progestogen. HRT works because, as I previously explained, the cause of hot flashes is fluctuating hormones, particularly oestrogen. HRT seeks to redress that balance by giving high doses of oestrogen in the medication so that the levels are evened out and there are no more dramatic peaks and troughs. For many women, this will prove highly effective at bringing their flashes under control, but there are definitely drawbacks you need to consider before you go down this route.

The side effects of HRT include breast tenderness, bloating, increased mood swings and depression. These are unpleasant, but not life-threatening. However HRT has also been linked to certain types of cancer and should NEVER be taken by anyone with a family history of breast cancer for example. It has been linked to a higher risk of breast, ovarian and lung cancer so you need to discuss your

options with your doctor in relation to your own medical history if you wish to take HRT.

## 2 THE NATURAL PROGESTERONE OPTION

Most women are aware that their oestrogen levels drop at menopause, but it is not as widely known that progesterone levels drop too. Progesterone is essential to many of the body's systems, not just the reproductive system, and is known to be protective against heart disease and osteoporosis. It can be used alongside phytoestrogens to provide a natural form of HRT and has helped many women deal with their hot flashes and mood swings associated with menopause.

Natural progesterone for menopause was first discussed by John Lee, MD who pioneered its use in the United States and wrote and spoke worldwide about the benefits of this natural hormone for women. Dr Shirley Bond and I wrote a book about natural progesterone and also two booklets on menopause and osteoporosis for Serenity – the progesterone cream formula that John Lee recommended. If you would like a copy of either, or both, of these free booklets visit their website at <http://www.progesterone.co.uk/> and for further natural hormone information you will also find this related site very helpful at [www.bio-hormone-health.com](http://www.bio-hormone-health.com)

## 3 THE PHYTOESTROGEN OPTION

Natural forms of oestrogen, or phytoestrogens as they are known, have been quite heavily promoted as an answer to many menopausal symptoms and certainly hot flashes can respond well to them.

Phyto simply means plant, and so they come from plant sources, and contain isoflavones which have a mild, oestrogen-like effect. One thing to be aware of with the phytoestrogens is that they can sometimes make symptoms worse before they get better.

## **Sources of phytoestrogens to try including in your diet are:**

- ❖ Soya
- ❖ Pulses
- ❖ Linseed oil
- ❖ Wholegrains
- ❖ Tofu
- ❖ Miso
- ❖ Nuts, particularly cashews and almonds.
- ❖ Fruit and vegetables: apples, fennel, celery, rhubarb
- ❖ Herbs: parsley, red clover, chaste tree berry, dong quai, agnus castus, red sage, black cohosh

**CAUTION:** Please note that if you have any hormone-sensitive condition you should consult your doctor before taking **black cohosh**. Such conditions include cancer of the breast, ovaries or uterus, endometriosis or uterine fibroids, or are either pregnant or breastfeeding.

## 4 THE DIETARY OPTION

The less stress you put on your body, the better able it is to cope with fluctuating hormones and there is no doubt that certain foods place more stress on your system.

Try cutting out or down on meat, particularly red meat, and saturated fats. Eating a sensible, wholefood diet and reducing other body stressors such as sugar, caffeine, alcohol and tobacco will also go a long way to helping, and also improve your overall health too.

## 5 THE BIOFLAVANOIDS AND VITAMIN C OPTION

Bioflavonoids are best known for their beneficial effect on the heart, with red wine being the most popular source! However for hot flashes alcohol is not ideal as it can be a potential trigger for an attack. Bioflavonoids and vitamin C taken together have been helpful for regulating hot flashes and you can either supplement your diet with citrus fruit, grapes and cherries or take a supplement of 500mg once or twice a day. If you normally peel your grapes, don't do so as the bioflavonoids are found in the skin.

## 6 THE VITAMIN E OPTION

This is an essential vitamin for women of menopausal age as it helps maintain the elasticity of the vagina and prevents dryness. Some women have reported it as helping with hot flashes so it might be worth trying for a week or two to see if it works for you. This vitamin is fat soluble and can be toxic in high doses, so start with a small amount and gradually increase up to no more than 400iu a day.

### **Good natural sources:**

- ❖ Almonds
- ❖ Fish
- ❖ Sunflower seeds
- ❖ Sweet potatoes
- ❖ Wholemeal bread.

**CAUTION** – if you have high blood pressure, diabetes or rheumatic heart disease you must consult your doctor before taking any vitamin E supplement.

## 7 THE GINSENG OPTION

It is said to help with hot flashes, though some research disputes this, but where it might be helpful is in its ability to optimise vitamin E and make it effective in the body. Ginseng is not usually recommended for women under menopausal age, but during the transition it can have a strengthening effect.

**CAUTION** – because ginseng and vitamin E taken together have a greater combined effect than when taken singly, you must also bear the advice listed under vitamin E above.

## 8 THE HOMOEOPATHIC OPTION

Because homoeopathy focuses very much on the individual nature of each person, the best option is to see a qualified practitioner for a remedy that is specific to you. However there are some commonly used remedies that you buy from your local pharmacy or health shop and

### **These can be helpful:**

- ❖ Sepai for flashes with backache, chills and a heavy menstrual flow
- ❖ Pulsatilla if you are also weepy and crave fresh air
- ❖ Lachesis if your symptoms include dizziness and headache

The Royal Family have been fans of homoeopathy for several generations – though whether for hot flashes or not I don't know – and I use it myself as my first remedy for all kinds of illness and ailments as I find it both effective and entirely free of side effects.

## 9 THE HERBAL OPTION

There are a wide variety of herbs that have been found helpful and have been used in traditional medicine for women going through menopause. From countries with cultures as diverse as China, India, the United States of America and Europe the use of herbal medicine is an old and valued form of treatment. Sadly, herbalist shops are not found as frequently as they were, but there are a number of remedies made up into commercial compounds you can buy over the counter in pharmacies and health stores.

If you have a branch of Neal's Yard near you, they usually have a resident herbalist in their shops who can make you a specific blend, or can tell you who to consult locally in your area. See the Resources section for Registers of Trained Herbalists.

### **Most helpful herbs for hot flashes:**

- ❖ Agnus castus.
- ❖ Black cohosh
- ❖ Dong quai
- ❖ Fenugreek
- ❖ Red sage
- ❖ Wild yam

**CAUTION:** Please see the note for contraindications for **black cohosh** listed under item 3 above on phytoestrogens.

### 10 THE BLOOD SUGAR OPTION

Your hormones are already surging, that's what's underneath hot flashes, but you don't need to add the roller coaster of rising and falling sugar levels into the mix or you will feel even worse. The keyword here is balance and that does not mean eating lots of sugar – see the next section for all the reasons why not!

You maintain good blood sugar levels by eating regularly, at least every three to four hours, and it is much better to eat regular small amounts than to have two large meals a day.

The body prefers a small amount of food frequently so it can metabolise it easily and without stress. Avoiding stress to the body is a good way to avoid hot flashes.

## 11 THE RESCUE REMEDY OPTION

Having frequent hot flashes can make you anxious and nervous, which can in turn trigger another attack or make the current one worse. Rescue Remedy is an invaluable aid if you suffer in this way and consists of an effective combination of natural flower essences that help reduce anxiety.

Put five drops on your tongue before you are going somewhere that triggers your anxiety, and carry it with you to use as necessary. You can also put some drops into a bottle of water and carry it with you through the day to sip to help keep you on an even keel.

Rescue Remedy was originally devised and produced by Dr Edward Bach and you can buy his original formula, although there are now many other versions of it available from small hand-produced batches by local herbalists to others that are based on native plants from other cultures. One such is the Australian Bush Essences, and you can find versions of Rescue Remedy in most large pharmacies and good health stores.

## 11 THE CHINESE OPTION

Chinese herbal medicine has proved helpful to many women, but you must consult a qualified practitioner and do not attempt to prescribe for yourself. You will find a register of therapists in the Resources section.

One Chinese therapy that is also popular for hot flashes is acupuncture, often combined with herbal medicine. Provided you don't have a phobia about needles it can be very effective and most towns now have practitioners. You can get recommendations from a natural health clinic or store or the best is to ask around for someone personally known for treating hot flashes.

Allied treatments that can be helpful are acupressure, if you prefer the non-needle option, plus shiatsu and reflexology. All of these may help, so

experiment and what can help reduce the flashes, or their severity, and you may need to try one or two together to get the best result.

Not strictly therapies, but also helpful can be gentle movements such as you find in yoga, tai chi and chi gung. These all help with flexibility and can reduce anxiety and stress, which can make the hot flashes worse. As a side benefit they are load –bearing exercises which are recommended if you have concerns about osteoporosis, as well as hot flashes.

## Chapter 3 WHAT MAKES IT WORSE?



This photo illustrates perfectly for me how my body felt in the middle of an attack. Boiling, raging heat that spread everywhere and no cooling breeze in sight! There is no doubt that if you will take control of the following elements, it will considerably improve your chances of having fewer, and far less extreme, hot flashes.

### 1 SUGAR

Sweet it may be, but not in the effect it can have on your body. The problem is that sugar stresses the adrenal glands and at menopause we rely upon the adrenals for our main production of oestrogen as they take over from the ovaries. As hormone fluctuation can be a result of a high sugar diet, it is worth regulating what you eat and keep a food diary to see if certain sweet things trigger your flashes.

### 2 CAFFEINE

You may feel it helps to give you a boost, but the problem is that all forms of caffeine can stimulate a hot flash. Certainly I know that for me it was one of my biggest triggers so that morning cup of coffee had to go!

Try to avoid caffeine in all its forms, not just coffee, so that means cutting down on colas, cocoa and hot chocolate, energy drinks with a high caffeine content and I am very sorry to say that includes chocolate itself.

### 3 STRESS

It's hard to avoid, but there is no doubt that stress plays a major part in disrupting our hormones and that can lead to hot flashes. It is impossible to cut stress out of your life completely, but you can learn to deal with it effectively. Try calming techniques such as meditation, yoga, tai chi and specific breathing exercises that can instantly calm you down.

If you want some more ideas on how to deal with your stress then you will find it helpful to talk to a therapist. My book on dealing with stress is recommended health professionals and you will find details on it on my website at [www.catalystonline.co.uk](http://www.catalystonline.co.uk)

### 4 ANXIETY

Stress and anxiety make uncomfortable bedfellows, as together they are a particularly lethal combination. This is especially true if you are worrying about whether or not you are going to have a hot flash when you are at work, out socially or indeed anywhere in public. It is a vicious circle; because your anxiety and stress about the situation is often enough in itself to bring on an attack, so do all you can to lessen it.

### 5 TOBACCO

For some reason smokers seem to get more hot flashes than non-smokers. This may be due to the fact that cigarettes can reduce the amount of hormones the

body produces, and smoking also has the effect of restricting circulation which doesn't help either. However, if you are anxious and stressed you may find that smoking helps reduce that anxiety which might help avert a hot flash. You are going to have to experiment and see what happens..

## 6 DIET DRAMA

At menopause it is natural for women to put on some weight, but it can send some women off into too severe diet regimes which is not a good thing for your hormone health. By all means lose a few pounds if you need to, but do it gently and gradually.

Women put on a few extra pounds at this time because oestrogen is stored in the fat cells and so curvier women have a natural reserve of oestrogen to draw on when the amount produced by the ovaries naturally reduces at menopause.

Also, thin women report more hot flashes than those carrying a few extra pounds so don't worry about the odd biscuit – just make sure it is not a chocolate one as that might just trigger a flash because of the caffeine content!

## Chapter 4 WHAT CAN MAKE IT BETTER?



This woman is certainly a picture of calm, and I don't imagine she is suffering from a hot flash at the time this image was taken do you? Just as there are factors that can make your hot flashes worse, there are many ways you can take control and minimise their effect on you and finding ways to stay calm and cool can only help, even if you don't manage to avoid them altogether.

These are some of the ways that have been found most helpful, so try them out and see what is effective for you.

### 1 BECOME VEGETARIAN

Women in Japan are often quoted as having the ideal diet as they suffer from very few hot flashes, unless on a western diet. One element in that is that they eat very little meat and lots of soy products, so their diet is naturally high in phytoestrogens so switching to a vegetarian diet should help reduce hot flashes.

You don't have to go entirely vegetarian, but switching meat once or twice a week can help.

## 2 KNOW YOUR TRIGGERS

Although fluctuating hormones are believed to be the main cause, we actually don't have a definitive reason as to why hot flashes occur. No two women are alike, but apart from stress there are some common triggers that can bring on hot flashes and these include caffeine, spicy food, sugar and alcohol.

However, your trigger may be something different so it can be very helpful to have a notebook and record exactly what you were eating, drinking, or doing before the hot flash hit. This way you can see if there is a common trigger and if you find it, you can then do your best to eliminate it.

## 3 EXERCISE MORE

It will really help if you have established a regular exercise routine of some kind before menopause actually hits you, but it is never too late to start. Women who do exercise regularly have fewer and less severe hot flashes and night sweats than women who don't.

Take it easy though and start gently, particularly if you have not exercised in a while, as vigorous exercise when you are not use to it can also trigger a hot flash. Make sure the exercise you do is pleasurable and something you look forward to. It doesn't matter what the exercise is, it can be the gym, swimming, walking, dancing, yoga, tai chi or anything else.

The key is to exercise regularly and preferably for at least 30 minutes three times a week.

## 4 KEEP BREATHING!

Being able to control your breathing will help you to stay calm, and that state of mind is very helpful when trying to reduce hot flashes. If you feel a hot flash coming on then take deep, slow breaths and picture in your mind a calm and

peaceful place, preferably somewhere cool! Imagine yourself there and just gently take five relaxed breaths, with no effort at all.

You can keep your eyes open or closed, just sigh your breath deeply in and out. Repeat as necessary – and it might help to practice this before you actually need it, just in case.

## 5 KEEP A JOURNAL

This is a deeper level of the notebook that you can help you keep track of what triggers your hot flashes. I do recommend you keep a daily journal for at least a month with as much detail as possible; list your meals and snacks, what clothing you wore, what was your state of mind? The latter is important as if something has occurred to upset you, such as a quarrel or a difficult conversation, it can raise your stress levels and bring on a hot flash.

Read your journal and pay attention to see if there is a common link, for instance is it always after you have a cup of coffee or if you are having a non-stop day where things just keep piling up for you to do? Every woman is different, so monitor yourself and you will have the information you need to keep the flashes to a minimum by modifying your diet, or reducing stress – whatever it is that triggers them for you.

You can't always eliminate the stressor, for instance if you are working with a difficult colleague, or dealing with a family member with a long term illness, but it can alert you to look for where you might get some extra help to take the pressure off you.

## 6 WEAR SENSIBLE CLOTHING

It makes sense when you know you are going to feel hot and sweaty to wear clothes that help you keep cool. When you are going out, plan ahead and make sure your clothing is loose and preferably made from natural fibres such as cotton or linen and do not wear anything tight fitting – however wonderful you may look in it! .

Not only will you feel physically uncomfortable in tight garments or artificial fabrics as they will trap sweat next to the skin, but it will also show more obviously where you are sweating, and that can make you even hotter as you flush with embarrassment.

You can also control your temperature more easily if you wear layers. When you are getting hot you can remove a jacket or shawl and then when you cool down again they can go back on to keep your temperature as even as possible.

## 7 CARRY A FAN

This is an extension of item 6, as in the days of Regency England, no woman would have attended a social occasion without a fan – and now, neither would I. A fan is invaluable for keeping you cool in crowded places, public transport, theatres, indeed any place where you can't rely on there being an effective air conditioning system or ceiling fan.

Women in hot climates have always used fans, and I think it is both stylish and effective for reducing the temperature. Personally I think they show a fine dash or style and originality,!

Fans can be bought cheaply in oriental stores, antique markets and even garage sales and I have found that they can become a good conversation opener as people are intrigued, particularly if you find a good antique specimen.

## 8 GET ICED

You may want to order a tall glass of cool lemonade, but you would do better to order one with plenty of ice and as you sip the drink hold an ice cube in your mouth. This will rapidly bring your temperature down in a simple, effective, and socially acceptable way.

And do make sure it is a soft drink, however tempting it might be to order a gin and tonic try and resist as the alcohol can make the hot flash worse.

## 9 BIOFEEDBACK BENEFITS

Biofeedback is a simple way of retraining your automatic response to hot flashes in order to help eliminate them. Basically, you can learn to control your breathing and pulse rate to reduce the anxiety and distress that hot flashes can cause. You will find information on practitioners in the Resources section.

## 10 AYURVEDA

Ayurveda is the classical traditional medical system in India and one of their suggestions for hot flashes is to take one or two teaspoons of aloe vera juice. You can do this before meals and when you go to bed at night.

Make sure you get a good, pure form and although it has a distinct taste, I don't find it unpleasant. If it's not to your taste then add it to your favourite juice, or buy one of the naturally flavoured varieties available. Just make sure you keep it in the fridge to add to its natural cooling effect and keep it fresh.

## 11 ESSENTIAL OILS

The essential oil that seems to help most with hot flashes is Clary Sage. Carry a bottle with you and sniff it whenever you feel a hot flash coming on. You can also put a few drops on a handkerchief to inhale, but keep it in a plastic bag to avoid it staining other things in your pocket or bag.

## 12 NATUROPATHIC REMEDY

Naturopathy is a very old established form of natural healing and a remedy they suggest is to bathe every morning in water that is slightly cooler than your own body temperature. This is intended as a preventive for hot flashes and you need to soak for about 20 minutes. Some women have found that this simple measure has stopped their hot flashes completely.

## 13 REFLEXOLOGY

This therapy is often used for a number of complaints and particularly for relaxation and stress release. It can also help hot flashes by applying pressure to the points on your feet relating to the reproductive system, adrenal glands, diaphragm and pituitary. It can be difficult to accurately find these points yourself, so put your feet in the hands of a qualified therapist!

## 14 ADJUST YOUR ATTITUDE

It can be difficult when you are hot, uncomfortable and maybe even embarrassed, but it is important to try and stay as positive as possible. Ok, not all the time as you are only human – if you aren't then the problem of hot flashes won't bother you anyway will it?

Leslie Kenton famously referred to hot flashes as power surges, and I think it is a great description. You are in the process of an amazing transformation process and on a metaphysical level hot flashes can be seen as the 'burning away' of your old life to reveal a new place of wisdom and power.

## RESOURCES

The suggestions in this booklet are aimed at helping you deal with your hot flashes in a natural, self help manner. However do remember, as I said in the Introduction, that I am not a doctor and cannot give you medical advice. Please always take appropriate action by consulting your own medical advisor if you have concerns about any aspect of your health.

I hope you have found something – hopefully many things – that have helped you. If you have a favourite hot flash remedy that has worked for you please do let me know about it so I can pass it on. You can email me at [anna@creativecatalyst.co.uk](mailto:anna@creativecatalyst.co.uk) or via my website where you will find more health information and resources at [www.catalystonline.co.uk](http://www.catalystonline.co.uk).

If you are interested in keeping up with the latest health news, I have a website that is updated weekly with reports on new treatments, alternative therapies and healthy ways to stay active and well. You will find out more at [www.healthandwellnesstimes.com](http://www.healthandwellnesstimes.com) and you can sign up to have free email alerts on the breaking stories.

Wishing you the best of good health, now and always, so read on for more help.

*Anna*

## **USEFUL EXTRA READING:**

Natural Progesterone by Dame Dr Shirley Bond and AnnA Rushton and  
What Your Doctor May Not Tell You About Menopause by Dr John Lee are  
available from [www.bio-identical-hormones.com](http://www.bio-identical-hormones.com)

How To Cope Successfully With Stress by AnnA Rushton

Passage to Power by Leslie Kenton

## **NATURAL OPTIONS:**

There are a number of sources of natural hormones, both progesterone and oestrogen, and the suggestions here are a guide for you to start with.

### Natural Progesterone

Please note that yam cream is not the same as natural progesterone and does convey the same hormone benefit. Natural progesterone is classed as a natural medicine in the UK and not available without a prescription which your doctor may charge for. It is perfectly legal however to buy the cream from outside the UK and import it for your own use.

If you wish to consult a natural hormone specialist, then Dame Dr Shirley Bond is a private GP with a practice in London. For patients outside that area, or abroad, a postal and telephone consultation service is available. Please email [drbond@bio-hormone-health.com](mailto:drbond@bio-hormone-health.com) for more information and appointments.

Natural progesterone cream, to the potency recommended by progesterone pioneer Dr John Lee is available from Wellspring in Guernsey who have free booklets on its use written by AnnA Rushton and Dr Bond at <http://www.wellsprings-health.com>

### Phytoestrogens, vitamins and herbs:

Before changing your diet or adding supplements, you may to consult with a qualified practitioner. The Insitutue of Optimum Nutrition can supply you with a list for your area from their website at [www.ion.org.uk](http://www.ion.org.uk) and Higher Nature also have a telephone advice service. Companies with good menopausal supplements as mentioned here include:

Higher Nature at [www.highernature.co.uk](http://www.highernature.co.uk)

Viridian Vitamins [www.viridian.co.uk](http://www.viridian.co.uk)

Wassen supplements for women <http://www.wassen.com>

### **THERAPIES:**

\*\*\*National registers are held of therapists at individual therapies and these organisations which can help with information on many diff

#### Homoeopathy and Herbalism

Register of qualified practitioners from the British Homoeopathic Association at <http://www.trusthomeopathy.org/>

Individual homoeopathic remedies made up, and fast personal service by post and advice from Galen Pharmacy 01305 263996

Herbal practitioners registers from the European Herbal & Traditional Medicine Practitioners Association which includes Western and Chinese herbal medicine as well as Ayurveda and traditional and Tibetan medicine at <http://www.ehpa.eu/>

The Unified Register of Herbal Practitioners provide a comprehensive register of qualified and insured herbal practitioners who offer herbal medicine treatment from many traditions at <http://www.urhp.com/>

### Chinese Medicine:

There are different schools of acupuncture and medicine but you can get recommended practitioners from your local health clinic or these organisations:

The register of chinese herbal medicine at <http://www.rchm.co.uk/>

The British Acupuncture Council at <http://www.acupuncture.org.uk/>

For shiatsu, acupressure, chi gong and tai chi ,if you cannot find a local practitioner that is recommended, a good source is <http://www.naturalmatters.net/> and you will find further resources in the Mind, Body, Spirit section below.

### Naturopathy

This old-established therapy has an association of practitioners at <http://www.naturopathy-anp.com/directory/> and The College of Naturopathic Medicine also has a register at <http://www.naturopathy-uk.com/resources/resources-practitioners/>

### Reflexology

The Reflexology Association has a general website for information and register of practitioners worldwide at [www.aor.org.uk](http://www.aor.org.uk) and there is also a UK only organization

### Stress management

A combination of therapies and nutritional support can greatly help reduce stress. These sites can give you a good place to start and look at the other therapies mentioned in this section such as nutrition, acupuncture and herbal medicine:

### Yoga and Meditation

There are so many types of meditation from Buddhist, Christian, non-denominational and home aids such as relaxation cd's that it is impossible to list them all here. Your local alternative health centre or health shop is a good place to start for details on courses and tapes.

If you are interested in mybook on How To Cope Successfully with Stress, or my relaxation and meditation CD 'Relax, Renew and Revitalise' then please visit my website at <http://catalystonline.co.uk/> -

### Stress management

The International Stress Management Association has an informative website at [www.isma.org.uk](http://www.isma.org.uk)

### **MIND BODY SPIRIT**

Tai Chi <http://www.taichiunion.com/>

Yoga <http://www.alternativehealth.co.uk/yoga/practitioners/list1.htm>

<http://www.chisuk.org.uk/index.php> good page for general articles

Biofeedback <http://www.bmihealthcare.co.uk/> at [NaturalHealthWeb.com](http://NaturalHealthWeb.com) and you will find that this latter site being a good resource for all Natural Health and Alternative Medicine information.