

# 10 MISTAKES THAT TRIGGER HOT FLASHES

by **Dr. Mache Seibel**



## **1 — ALCOHOL**

If it doesn't seem to bother you to enjoy an occasional glass of wine, enjoy! But if you find alcohol leads to a flushed face or brings on hot flashes, try substituting a glass of grape juice or put less wine in your glass and top it off with soda water for a refreshing spritzer.

## **2 — DIET PILLS**

Speeding up your metabolism for weight loss may set the stage for increased heart rate and hot flashes. If hot flashes are something you want to avoid, stay away from the pills and ask your doctor for a referral to a nutritionist or weight loss expert for some health food choices and exercise tips.

## **3 — CAFFEINE**

The lift you get from your morning cup of joe may also set off the hot flashes you want to avoid. If that sounds like you, substitute decaf herbal teas for your morning brew.

## **4 — SPICY OR HOT FOOD**

Hot and spicy foods are one of the most common triggers for hot flashes. Try them out and see if certain ones are more of a problem. For women hoping to cool their hot flashes, it's often best to keep these foods to a minimum.

## **5 — HOT TUBS AND SAUNAS**

Heat sets off hot flashes. If hot tubs and saunas are your go to place for "chilling out", keep your time in them to a minimum or try turning down the temperature.

## **6 — HOT SHOWERS**

Are you seeing a pattern here? Hot showers raise your body temperature and increase the likelihood of hot flashes. As with the hot tubs and saunas, keep your time in them shorter or try turning down the temperature.

## **7 — HOT BEDS AND HOT ROOMS**

When your body heats up, hot flashes erupt. In addition, the heat may make your sleep environment cause poorer sleep, and that is also a trigger for hot flashes. Try keeping your room cooler and sleep with layers of bedding you can peel off as you start to get warmer.

## **8 — HOT WEATHER**

When your body temperature increases, hot flashes become more likely. To minimize this trigger, try to spend more of your outdoors time earlier or later in the day when the temperature is less hot. It's also better for your skin.

## **9 — STRESS AND ANGER**

Strong emotions are a hot flash trigger, so when you're in the "heat of it," it may show itself as a hot flash. It's not always easy to do, but lowering stress and anger may also turn down the flame on hot flashes.

## **10 — SMOKING**

Not only is smoking a health risk for diseases ranging from lung cancer to breast cancer, it's also a contributor to hot flashes in some women. Where there's smoke, there's fire and cutting out the smoking and avoiding secondhand smoke can help slow down hot flashes.

# 5 TIPS TO REDUCE *HOT FLASHES*

by **Dr.  
Mache  
Seibel**



## **1 — STAY COOL**

Keep the temperature of your bedroom at a cool temperature and try using a cool pillow. Use fans during the day. Drink something cold when you first start to overheat.

## **2 — DRESS IN LAYERS**

Wear light clothes with natural fibers such as cotton that you can take off as you begin to get warmer.

## **3 — BREATHE DEEP AND SLOW**

Try to make your stomach rise for up to 15 minutes.

## **4 — RELAX AND MEDITATE**

It will help turn down the flame.

## **5 — KEEP A HOT FLASH DIARY**

They can help you determine where and when they are most likely to occur and what things you can avoid.