



## **MENOPAUSE: IS IT HOT IN HERE?**

### **-Definitions:**

- Menopause: The permanent end of menstruation and fertility, defined as occurring 12 months after your last menstrual period. In the US, women experience menopause at about 51 years of age.
- Perimenopause: The period before, during, and after the cessation of menses which usually begins sometime in your 40's and lasts about 3-7 years and ends 12 months after your last menses.
- Postmenopause: The period that begins 12 months after cessation of a women's menses. It is presently about 1/3 of a woman's life.

### **-Facts:**

-Menopause is a natural biological process

#### ***-Signs and symptoms of menopause:***

- |                           |                          |
|---------------------------|--------------------------|
| -irregular periods        | -headaches/migraines     |
| -low energy               | -thinning hair           |
| -irritability             | -loss of breast fullness |
| -hot flashes/night sweats | -vision changes          |
| -poor memory              | -arthralgias             |
| -sleep difficulties       | -myalgias                |
| -vaginal dryness          | -heart palpitations      |
| -decreased libido         | -mood swings             |

#### **-Causes of menopause:**

- natural decline of reproductive hormones
- hysterectomy (medical menopause)
- chemotherapy and radiation
- primary ovarian insufficiency (ovaries fail to produce normal levels of reproductive hormones)



## **Hot Flashes**

### ***-Signs and symptoms of hot flashes***

- |  |                                   |
|--|-----------------------------------|
| -an intense sensation of heat in the upper body and face | -perspiration                     |
| -flushed appearance or blotchy skin                      | -increased heart rate             |
| -dizziness   | -feeling suffocated               |
| -headache  | -nausea                           |
| -weakness  | -anxiety                          |
|  | -chills as the hot flash subsides |

### **-Factors that could increase hot flashes**

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-anxiety  
-spicy foods

-caffeine  
-alcohol

-sugar  
-being overweight

-smoking



### *Dietary and Lifestyle suggestions*

- Eat a whole-foods diet full of protein, healthy fats, complex carbohydrates, fruits and vegetables
- Eliminate spicy hot foods → this could decrease hot flashes by 20-30%
- Increase your intake of soybeans, kidney beans, black beans—a good source of isoflavones
- Moderate or eliminate coffee, alcohol, nicotine and caffeine intake
- Decrease sugar and simple carbohydrate intake
- Increase broccoli sprout intake – a powerful detoxifier
- Have a good support network of friends, family and people that can help you through this transition
- Practice effective stress reduction techniques
  - yoga, meditation, reading, exercise, journaling, not overextending oneself, deep breathing
- Eat cooling foods
  - Asian pears
  - mint
  - cucumbers
  - celery
  - spinach
  - mung beans
  - tofu
  - apple
  - watermelon
  - bamboo shoots



### *Product considerations*

- Black cohosh (Cimicifuga racemosa)**
  - good for
- Vitex agnus-castus**
- Wish Garden Hot Flash Tincture**
- Sage tincture**
  - sage has an astringing nature
- Ashwaganda + Shatavari**
  - great for hot flashes and restoring hormonal balance
  - Shatavari
    - known to increase milk production in India and China
    - aka “hundred husbands”
    - restorative female Ayurvedic herb
    - helps women with vaginal dryness
    - recommended brands: organic India or Herb Pharm

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**-AM/PM Formula by Enzymatic Therapies**

- great for nightsweats and hot flashes during the day
- has two different formulas targeting different symptoms during the day and eve

**-Estroton by New Chapter**

- food based and effective

**-Adrenal Formula by Megafoods**

- Good for women who have a harder time with hot flashes and have adrenal deficiencies
- Good for women with high cortisol levels and poor sleep

**-Menobreeze**

- good for adrenal and endocrine deficiencies

**-Transitions by Pure Essence**

- for women with liver conditions
- the higher amount of hesperidin is good for hot flashes

**-Maca products**

- good for adrenal fatigue, sleep disturbance, hot flashes
- balances the endocrine system
- not for all women as it can be quite warming

**-Femenessence**

- The peri and post-menopausal formulas are different due to the different species included which contain different constituents.
- These species were selected from over 50 species of Maca for their properties
- Clinically studied, effective

**-Sepia (Homeopathy)**

- sudden hot flashes with sweat, weakness, tendency to faint

**-Lachesis (Homeopathy)**

- severe headache from back to the front of the head, flushing, heart palpitations

**-Cimicifuga (Homeopathy)**

- great menopausal remedy

**-Chinese Medicine**

- zhi bai di huang wan – Eight Rehmannia Tea Pill by Plum Flower

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