

# **SPIKES HOT FLASHES**

**Hope Haymes**

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**Alfalpa eradicates menopause symptoms like hot flashes and night sweats**

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## **Can You Eat Your Way Out of Hot Flashes? | HuffPost Life**

Most women don't expect to have hot flashes until menopause, so it can be a surprise when Estrogen may drop precipitously or spike higher than normal.

## **Why Do Women Have Hot Flashes? | University of Utah Health**

EXTINGUISH menopausal temperature spikes with this 'cooling grass' There are hot flashes while you're awake and night sweats while.

## **The correlation between blood pressure and hot flashes in menopausal women**

A new study finds women who suffer from hot flashes when they begin menopause are at lower risk for cardiovascular events.

Related books: [Charge Up Your Life Workbook for Teens and Young Adults: 6 Effective Tools to Build Confidence, Make Friends, and Be Happy](#), [The Love That You Want To Hold](#), [Lost in London \(mix\)](#), [Atonement in Type, Prophecy, and Accomplishment](#), [Elementary Statistics Tables](#), [Lazy Ways To Make A Living](#).

Hot flashes and night sweats occur before and during menopause because of changing hormone levels, including estrogen and progesterone affecting the body's temperature control. Author information Copyright and License information Disclaimer. Announcer: Have a question about a medical procedure? Risk also varies depending on whether or not the woman has had any children in her lifetime. Psychological predictors of hypertension in the Framingham Study. Author information Copyright and License information Disclaimer. See other articles in PMC that cite the published article. Between these thresholds is a neutral zone within which major thermoregulatory responses sweating, shivering do not occur [ 41 ].