



5 WAYS TO MANAGE HOT FLUSHES



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1. Include phytoestrogens into your diet, i.e. soya products, chickpeas and linseeds.



2. Remove refined sugar, caffeine and alcohol from your diet.



3. Eat protein with every meal and snack to ensure your blood sugar levels remain stable throughout the day.



4. Reduce stress and learn how to relax - 10 minutes, a day. You can try the Calm or Headspace app.



5. Try a supplement that contains isoflavones (they contain naturally occurring phytoestrogens).