



OPTIMIZING WOMEN'S HORMONES

Session Two

Hot Flashes

Classes featured: What's Happening During Hot Flashes?, What to Eat for Hot Flashes

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- 70% of women in North America and Europe are affected by hot flashes.
- Hot flashes are thought to be a vasomotor response impacted by adrenaline and estrogen. Your body becomes extra sensitive to even small temperature changes.
- Common triggers are stress, caffeine, spicy foods, alcohol, citrus fruits, intense exercise, and sugar.
- Focus on eating a Mediterranean diet and maintaining a stable blood sugar.
- Talk to your doctor or dietitian about adding phytoestrogens if you have a history of hormone cancers or thyroid disease.
- A study showed that women who ate high amounts of green vegetables had the least amount of hot flashes.
- Consuming phytoestrogens for three months can reduce hot flash severity and frequency by up to 25%.

Tips from the pros to remember:

- Aim for less than three grams of added sugar per serving, with no more than 25 grams (six teaspoons) per day.
- Watch out for added sugar in sneaky places like salad dressings, sauces, peanut butter, cereal, and yogurt.
- Aim for 1–2 cups of cruciferous vegetables per day.
- Add in flaxseed, but make sure you grind it or buy it already ground. This will ensure you get the health benefits!
- Avoid processed soy products—they are pro-inflammatory.
- Try 200–300mg magnesium glycinate at bedtime to help with sleep.

Pro tip: Flax contains lignans, which are important for hormone metabolism.



HOMEWORK

Assignment

Choose one or two of the following to focus on:

- I will go through my kitchen pantry, cupboards, and refrigerator and check all foods with labels looking for added sugars. I will then make a list of what I will remove.
- I will eat 1-2 cups of cruciferous vegetables per day.
- I will reduce my caffeine intake and swap in green tea.
- I will try paced breathing methods.
- I will eat protein at every meal and snack.
- I will continue to track my hot flashes and what I am eating and drinking to identify patterns.

Quick notes:

FOODS OF THE MEDITERRANEAN DIET

Vegetables & tubers

Artichokes
Arugula
Beets
Broccoli
Brussels sprouts
Carrots
Celery
Celeriac
Chicory
Collard
Cucumber
Dandelion greens
Eggplant
Fennel
Kale
Leeks
Lettuce
Mushrooms
Greens
Okra
Onions
Peas
Peppers
Potatoes
Radishes
Rutabaga
Scallions
Shallots
Spinach
Turnips
Zucchini

Meats

Beef
Goat
Lamb
Pork

Fruits

Avocados
Apples
Apricots
Cherries
Clementines
Dates
Figs
Grapefruits
Grapes
Lemons
Melons
Nectarines
Olives
Oranges
Peaches
Pears
Pomegranates
Pumpkins
Strawberries
Tangerines
Tomatoes

Grains

Breads
Barley
Buckwheat
Bulgur
Couscous
Durum
Farro
Millet
Oat
Polenta
Rice
Wheat berries

Cheese & yogurt

Brie
Chèvre
Feta
Halloumi
Manchego
Parmigiano-reggiano
Pecorino
Ricotta
Greek yogurt

Fish & seafood

Clams
Crab
Lobster
Mackerel
Mussels
Octopus
Oysters
Salmon
Sardines
Sea bass
Shrimp
Squid
Tilapia
Tuna
Yellowtail

Poultry & eggs

Chicken
Duck
Quail
Eggs

Nuts, seeds & legumes

Almonds
Beans
Cashews
Hazelnuts
Lentils
Pine nuts
Pistachios
Sesame seeds
Split peas
Walnuts

Herbs & spices

Anise
Basil
Bay leaf
Cinnamon
Chiles
Clove
Cumin
Fennel
Garlic
Lavender
Majoram
Mint
Oregano
Parsley
Pepper
Rosemary
Sage
Tarragon
Thyme
Za'atar

Sweets

Treats made with nuts, fruits, whole grains, and minimal sugars

A recent study showed that menopausal women who eat green cruciferous vegetables have the fewest complaints about hot flashes. Try to eat 1–2 cups of cruciferous vegetables each day.

DEEP BREATHING TECHNIQUE

Paced breathing helps your body switch out of fight-or-flight and into the “rest and digest” system. This system helps your body cool off and repair.

Before you start, find a comfortable place to sit or lie down.

