

# THE HEALING ARTS

*with amanda mcintyre*

## HOMEOPATHY FOR HOT FLUSHES

Hot flushes and night sweats can begin early in perimenopause, a sign that our hormone balance is changing in preparation for menopause.

Menopause is not a disease or illness, it is a natural progression into our next phase, finding our wisdom, working with our personal growth after years of caring for others, nurturing, juggling work and family.

Time to refocus, nurture ourselves and discover who we really are.

It was hot flushes and night sweats that were most disruptive for me initially as I began my transition towards menopause. My homeopathic journey began post menopause whilst on HRT. I used homeopathy to resolve the symptoms I still had, and to come off HRT. So I am sharing with you five important homeopathic remedies that I wish I'd have known about during perimenopause. And there are many more, if these five do not match your exact symptoms.

### SEPIA

Top menopause remedy, hot flushes and overwhelm

Essential remedy for this time of hormonal and life transition. Do you feel yourself standing at the sink, gripping on for dear life wanting to scream as someone asked you where their shoes are, or when dinner is? All you want to do is to be left alone, in peace and not be disturbed.

Feeling anxious, mood swings, and overwhelmed by life's laundry.

**Hot flushes**- hot flushes are accompanied by anxiety, they may start from the abdomen, rising upwards to the head and face, followed by perspiration, leaving you chilly. May feel extreme fatigue, weakness and faint. Sensation of heaviness and dragging in the pelvis, crossing your legs eases this. Although many symptoms can be improved by vigorous exercise like running.

**Worse**- morning, and evening, moon phases

**Better**- vigorous exercise or dancing, fresh air

**Amanda McIntyre MARH - The Healing Arts**

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### LACHESIS

Intense hot flushes and emotions, talkative and jealous

Complaining and resentful, taken on too many commitments. You feel emotions intensely, jealousy and mistrust, sadness and exhaustion.

You talk incessantly, changing subject constantly. A sense of restlessness from a build-up of energy that feels restrictive. You may be dreading menopause, fear of losing your femininity. Lachesis could restore your equilibrium **Heat flushes**- intense hot flushes, rush of heat rising upwards, feeling constriction or a suffocative sensation in your abdomen or throat, clothes feel tight and uncomfortable. Waking from hot flushes, with sweating. Heart palpitations, constriction in the chest, intense head pain due to pressure.

**Worse** - heat, waking, tight clothing, overexposure to sun, movement

**Better**- beginning your period if still menstruating, removing or loosening clothing especially around the neck and waist, fresh air

### AMYLENUM NITROSIUM

Intense heat, copious sweating causing a coldness

Anxious, restless, can't sit still, you struggle to focus at work especially if you need to think, dullness and confusion. After hot flushes you feel fatigued and weak, unable to do to anything. **Heat flushes** - start from the stomach or face. Face feels intense heat and redness as if your head would burst. Throbbing in your head accompanied by hot and copious sweating, mostly on the face and scalp, can go down your arms and legs. The rest of your body can feel icy cold, leaving you exhausted. Sleep is disturbed leaving you feeling unrefreshed.

**Worse** - from being restricted by your clothes

**Better** - for fresh air, opening clothing and removing bed covers.

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### **PULSATILLA**

Changeable temperature and mood, all symptoms quite changeable

Feel emotionally vulnerable and sensitive, you crave comfort and support, someone to lean on. Mood swings, weepy, irritable one minute and laughing the next, no symptoms the same. **Hot flushes** - Alternating between hot and cold, worst when hot, desire fresh air. Flushes of heat with redness of the face  
Profuse sweating on the face and scalp, worse at night.

**Worse** - in a warm stuffy room

**Better** - for fresh air, an open window, empathy,

### **SANGUINARIA**

Anxiety, struggle to do anything or make effort. May be irritable or angry.

**Hot flushes** - Flushes coming from one part of the torso or head, like a stream flowing to different parts or to your body, up to or down from your face and neck, the heat feels burning. With redness of your face and headache due to the surge of blood during a flush. May be followed by a chill and shivering. You may be light headed or faint. Burning in the palms, soles, uncovering at night.

**Worse**- change of weather, wet weather, draughts, exertion, smells and noise

**Better**- for fresh or cool air, sleep, and darkness

Your experience is unique to you, and homeopathy matches your exact symptoms prompting your body's innate healing ability, as well as being gentle, safe and natural. These remedies are just a few of many more possible remedies for hot flushes.

This guide is intended to inspire and demonstrate that a unique remedy exists for all of us. To find out more, book a free chat with me, and we can discuss your symptoms and book a consultation if you wish. This information is not intended to replace medical advice.

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