



# Symptom: Hot Flashes & Night Sweats

## What's Happening

Fluctuating estrogen levels impact the body's temperature regulation, leading to sudden feelings of intense heat (hot flashes) and excessive sweating, often occurring during sleep (night sweats).

## What to Do

Wear light clothing, use fans, avoid triggers like caffeine and spicy foods.

## Supplements

Black cohosh, evening primrose oil, vitamin E.

## Food to Consider

Soy products (tofu, tempeh), flaxseeds, whole grains, fruits, vegetables.

## Lifestyle Changes

Maintain a healthy weight, practice relaxation techniques.