

TOP 5 TRIGGERS THAT MAKE HOT FLUSHES WORSE (AND NATURAL SWAPS THAT WORK)

A free and simple guide to calming your body, sleeping better and feeling in control again - naturally

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The material in this eBook is for informational and educational purposes only.
It should not be used to self-diagnose and it is not a substitute for a medical advice, diagnosis, treatment, prescription or recommendation. All viewers of this content, especially those taking prescription or over-the-counter medications, should not make any changes in their health regimen or diet before first consulting a qualified health professional.

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Welcome!

Are hot flushes or night sweats disrupting your sleep and daily life?
Do they come on suddenly, with a racing heart or a wave of heat and anxiety?
Have you noticed they are worse after certain foods, drinks or stressful days?

Hot flushes are not just about oestrogen. They are strongly influenced by the nervous system.

Hi, I'm Joanna

As a Wholistic Natural Therapist and a former corporate leader, I know how disruptive hot flushes can be - especially when you're balancing work, family, and everything else life throws your way.

I faced these challenges myself and then helped clients and friends to relieve the symptoms and look at the cause(s). Menopause is not only a decline in estrogen and progesterone. Nutrition, stress reduction and lifestyle choices play key roles, too.

The good news? With a few simple daily swaps, you can dramatically reduce hot flushes and start regaining control of your body's rhythm and balance.

This guide briefly covers

- The 5 most common hot flush triggers
- Natural swaps you can start today
- Your daily implementation checklist
- Resources and tips to get started today

Trigger #1

Lack of sunlight = disrupted natural rhythm

🔥 Why it makes hot flushes worse

Your circadian rhythm (body clock) controls hormone production, sleep cycles, temperature regulation, stress and mood. Without natural sunlight exposure especially in the morning, your body doesn't get the right "reboot" signals and the right directions for the day and night.

This disrupts melatonin (sleep hormone), cortisol (stress hormone), and estrogen balance, making flushes more likely and recovery harder. Modern indoor living means many women, especially corporate women, miss this vital daily hormonal reboot which results in fatigue, poor sleep, hot flushes and worsening symptoms.

Swaps & practical tips

Spend 10–15 minutes outside within 1-2 hours of waking. Watching the sunrise is the key step. Spending 10-15 minutes outside at this time is most beneficial. If this is not possible, aim to be outside at sunset and a few times during the day.

Morning sunlight (seen without sunglasses, sunscreen or glass windows) is the strongest signal for your circadian rhythm and hormone regulation. If you can, combine it with gentle movement like a walk or stretch, so you can get multiple benefits. Over time, this simple daily habit can improve sleep quality, stabilise mood, and help your body manage hot flushes with more ease.



Additional resources: Sleep and Circadian Rhythm Knowledge Hub

Trigger #2



Stress & overactive nervous system

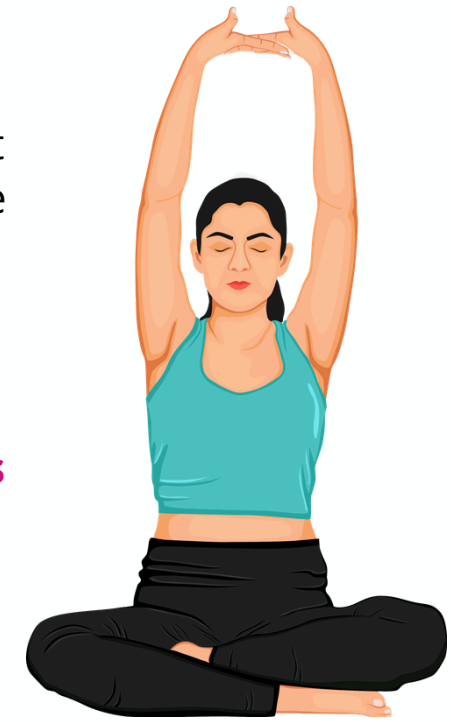
🔥 Why it makes hot flushes worse

Stress hormones (cortisol and adrenaline) are directly linked to hot flushes. When your nervous system is in “fight-or-flight” mode, your body becomes hypersensitive, and even small triggers can spark a flush. This is why stressful events such as family conflicts, business deadlines or even rushing through the day can intensify symptoms.

Many women notice hot flushes increase on their busiest, most stressful days. This is especially detrimental for executive women often involved in regular work meetings. I know from experience that there can be quite a few meetings to attend during an average work day, increasing the likelihood of flushing.

Swaps & practical tips

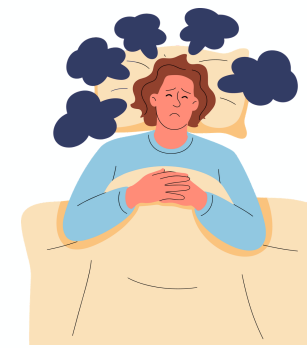
Introduce a 5-minute daily renewal time. This could be barefoot grounding in your garden or in a park at work, a breathing exercise (e.g. inhale for 4, hold for 4, exhale for 6), or listening to a short guided meditation saved on your phone. Small but regular pauses throughout the day tell your body: “It’s safe, I’m OK.”



Over time, this reduces nervous system overactivity and helps stabilise flushes. Even slipping away between Zoom calls for 3-5 deep breaths can make a difference. Doing it outdoors can compound the benefits as you’re getting calming and nurturing natural light in your eyes and skin – even if it’s cloudy or raining.

Additional resources: Chronic stress, adrenal health and cortisol article

Trigger #3



Sleep disruption

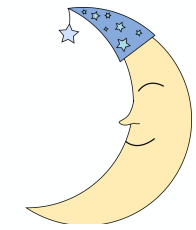
🔥 Why it makes hot flushes worse

Poor sleep and night sweats create a vicious cycle: the less you sleep, the more your body struggles to regulate hormones and temperature, leading to more flushes the next day.

A lack of deep rest keeps stress hormones elevated, imbalances hormones (not just sex hormones but also insulin = blood sugar instability, and cortisol = stress), weakens resilience, and makes symptoms feel harder to handle.

Many women describe waking multiple times through the night drenched in sweat. The following day they are exhausted and dragging through the day.

✅ Swaps & practical tips



Create a calming evening ritual that tells your body it's time to wind down. This could include dimming lights an hour or two before bed, avoiding screens generating sleep disruptive blue light (including TV), sipping a tepid (not hot) calming tea (chamomile, passionflower, lemon balm, sage with a little honey), and taking magnesium before bed (glycinate or theanine are best).

A dark and cool bedroom (18–20°C), an open window, breathable bedding (linen or cotton sheets) can also reduce night sweats. Protecting your sleep gives your body the foundation it needs to heal.

Additional resources: Sleep and Circadian Rhythm Resources

Trigger #4



Caffeine & alcohol

🔥 Why it makes hot flushes worse

Caffeine (coffee, tea, energy drinks) and alcohol both overstimulate the nervous system and affect hormonal release, among others. They raise adrenaline and cortisol, which confuse your body's internal thermostat and can make hot flushes more frequent and intense.

Alcohol also dilates blood vessels, increasing that sudden "rush" of heat you feel. For many women, even a single evening drink or strong morning coffee can trigger a cascade of symptoms. .



✅ Swaps & practical tips

Start reducing caffeine gradually as most of us are addicted to it. This needs to be done slowly – best over 1-2 weeks to avoid strong withdrawal symptoms (headaches, migraines, irritability, heart palpitations, strong cravings). For example, replace your second coffee with a cooling herbal tea like peppermint, roasted dandelion root or sage. See my healing tea suggestions HERE.

Sage, in particular, has been traditionally used to calm hot flushes by supporting thermoregulation and reducing night and day sweats - read more about it HERE. To replace alcohol, experiment with mocktails, sparkling water with a lemon slice or kombucha in the evenings. You'll still enjoy a ritual drink, but without the flush-inducing side effects.

Client feedback: many women tolerate a plain gin and tonic drink (one!). See if this could work for you.

Additional resources: Check out Joanna's 'Coffee - pros and cons' blog

Trigger #5



Food choices & timing

🔥 Why it makes hot flushes worse

Heavy evening meals, processed sugars, and spicy foods are all common hot flush triggers. They can spike blood sugar and increase body heat, which can make your system overreact.

Poor timing (like eating late at night) can also interferes with digestion and sleep - both of which are critical for hormone balance. Many women notice that big dinners or wine + dessert in the evening = restless, sweaty nights.

✅ Swaps & practical tips



Opt for lighter evening meals that include protein, vegetables, and healthy fats, but avoid sugar and alcohol close to bedtime. Experiment with earlier meal times (finishing dinner by 7pm or 3 hours before bed) so your body can fully digest the food before sleep. Add hormone friendly foods like flaxseed, sesame seeds, chia seeds, beans, lentils or chickpeas; which can also gently support declining estrogen levels and help ease symptoms.

Eat a protein rich breakfast within 30-60 minutes after waking up to support your natural rhythms for the day and night, and decrease cravings. Protein smoothies are good if you're short on time. If you usually drink your coffee on an empty stomach, this may trigger stress and the nervous system first thing in the morning. I suggest you have it either with food i.e. your breakfast or before midday or preferably - not at all.

Check out my smoothie recipes and high protein breakfast options below.

Additional resources: Joanna's smoothie recipes

Next steps

You don’t have to just “cope” with menopause

If you take just one thing from this guide, let it be this:

Hot flushes are not something you have to silently endure or “put up with.”

They are your body’s way of signaling imbalance - and when you know the triggers, you can start to shift things back into harmony.

The five swaps you’ve just read are powerful starting points. Even adding one or two into your daily routine can ease symptoms, improve sleep, and give you back a sense of control.

But here’s the truth: real transformation happens when you combine these habits together, consistently. That’s when the “magic” happens.



An invitation

What you have just read is one piece of a much bigger picture. Menopause can show up **in more than 100 different ways** across the brain, nerves, gut, joints, skin, mood and metabolism. That’s why symptoms can feel confusing and hard to pin down.

I created “The Menopause Symptoms and Systems Guide: A practitioner’s guide to the physical and emotional changes of the menopause transition” to bring clarity to that complexity, and help you recognise what your body is communicating.

It includes a comprehensive symptom map and simple explanations of causes to help you see where your own patterns may sit. You may get it by clicking the button below.

GET THE FULL GUIDE

Inside, you will also find how my Naturimedica Blueprint approach supports the whole body, not just individual symptoms.

If you would like personal support, you can also learn how I work with women to create a natural, sustainable plan for their unique menopause journey inside the full guide and on the next page here.

Your daily checklist

Monitor and act on daily

TRIGGER # 1 **Lack of sunlight**

Notes

TRIGGER # 2 **Stress & nervous system**

Notes

TRIGGER # 3 **Sleep disruption**

Notes

TRIGGER # 4 **Caffeine and alcohol**

Notes

TRIGGER # 5 **Food choices and timing**

Notes

Print a copy and review daily

Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause - visit my website: www.naturimedica.com
Here are the links to the most relevant website information:

- Beyond Hormones: HRT Decision. Guide
- Progesterone Guide
- Menopause Self-Check Guide
- Menopause Knowledge Hub

If you'd like more information and simple, basic guidance on other specific perimenopause/ menopause symptoms/ topics, the following free guides are also available to review:

- Hot flushes
- Key symptoms self-check
- Gut health
- Weight loss
- Adrenals & energy
- Blood glucose management
- Brain fog
- Thyroid health
- Anxiety & depression
- Sleep
- Skin, nails, collagen
- Osteoporosis
- Hair loss
- Circadian Daily Light Guide: Practical Steps + benefits

Feel free to contact me if you'd like any of the above guides emailed to you.

Email: joanna@naturimedica.com

I also regularly publish valuable free resources and practical tips on social media.

Follow me on

Instagram Facebook LinkedIn

About me



As a Wholistic Natural & Lifestyle Therapist with 15 years clinical experience, my passion is helping women to restore energy, sleep and vitality by reconnecting with Nature and its rhythms**.**

I combine nutrition, herbal medicines, naturopathy and lifestyle strategies with practical education, so clients can take charge of their own health.

My approach is grounded in both research and traditional naturopathy.
My therapeutic strategies are always tailored to the individual.

I believe true health comes from following daily rhythms aligned with nature, and from nurturing the body with good nutrition, sleep, rest and re-establishing good function, not quick fixes. The fact is: we can't outsmart Nature!

I've seen consistently how small, habitual changes add up to create big result over time.
My goal is simple: to guide you back to health with tools and remedies that are natural, safe, sustainable and effective.

Visit my website www.naturimedica.com for more information on my therapeutic approach, areas of expertise and special interest, and how to connect with me.
Follow me on social media for more support and updates.

Instagram LinkedIn
Facebook Wellness Blog

I look forward to connecting with you and supporting you in your ongoing health journey.

Best of Health

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