

Basic Plan for managing hot flashes/night sweats with heavy/irregular bleeding

FOLLOW WITH:

1. Food Plan: “Vegetarian Mediterranean” / Paleo style*

*mostly vegetables, nuts and seeds, good fats, limited animal protein: wild caught fish, grass fed/pasture raised meats; limit all sugars/grains; legumes OK

2. Siberian Rhubarb derivative +/- botanical prep **w black cohosh**

3. Chasteberry 1000mg daily or Progesterone 100-300mg orally or 25-50 mg topically day 14-28 of cycle, [2 weeks on/2 off] if premenopausal or day 8-28 if perimenopausal/menopausal

4. Limit all caffeine, alcohol and simple sugars