

Quick Information about Menopause

by NEWLIFEOUTLOOK TEAM

The Facts about Menopause

Hot flashes are one symptom of menopause and they occur quite commonly. There are some things you can do to help hot flashes. One simple technique is as easy as breathing. Start taking long and slow breaths for at least 10 to 15 minutes a day. If you aren't sure how slowly you should breathe, try taking only six breaths within a minute. So in 15 minutes, you'll take 90 breaths. Other meditation approaches can also help the hot flashes to be less severe. This is since calming exercises help the autonomic nervous system to calm down. It's this system that's responsible for sweating, heart rate, and so on. All of these increase during a hot a flash.

