

# Help for Hot Flashes

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Hot flashes come on without warning, are so uncomfortable and are an unwelcome intense internal and external heat to a woman. Those that have them in their daily lives wish they would just go away. It can even give one a feeling of embarrassment because of the sweating and how the skin becomes very red.

Towards the end of 1999 I began having these awful symptoms. Lo and behold my doctor wanted to put me on birth control pills, as this is may be a way of lessening the symptoms of menopause. She gave me the prescription, I never got it filled. I did not want to "mask" my symptoms or have the possible side effects from taking birth control.

I began researching natural alternative therapies and came up with a solution that worked for me. What I found was tofu, almond soy milk, fruit and a banana or stevia to sweeten, blended together in a smoothie type drink, not only tasted yummy, but within 3 days my hot flashes stopped completely. I kept drinking the drink for about a month once a day and have never had another hot flash.

I've shared this story with many women, along with another natural therapy, Progessence Plus.



*Progessence Plus is pure USP-grade super-micronized progesterone from wild yam melted into a therapeutic-grade essential oil-infused serum that enhances substance penetration through the skin. Also containing frankincense, bergamot, and peppermint essential oils to aid in absorption, Progessence Plus is the first-ever progesterone serum on the market. It is portable, has a pleasant smell, and does not require the cycling of application sites like other progesterone supplements.*

Many women that have been introduced to Progessence Plus are so thankful and would not be without it. Not only do they experience relief of hot flashes, and less anxiety, but many also find that they sleep better.

Progessence Plus is easy to use, is a natural product, is safe and inexpensive. You start out with using only 1 drop per application, by putting the drop in the palm of your hand, dipping your finger in the oil and then applying it gently to your carotid arteries, temples, brow and at the base of your skull. You may need to do several applications throughout the day.

You would always want to start with 1 drop and increase by 1 more drop after a few days, and increase again, until the desired results come about.

The 15 ml bottles have approximately 240 drops. So as an example, if you used 3 drops a day, the bottle would last about 80 days. Wholesale price is \$35.00 (.44 cents a day), retail price is \$46.05 (.58 cents a day). Not a bad price to pay, to feel better and to also feel secure in knowing you are using a safe, natural product.

## **Difference of Wholesale versus Retail**

If you are looking for alternative, natural solutions to hot flashes, mood swings, or other kinds of health problems I hope that you are ready to become a part of the many people around the world that have come to know that essential oils, specifically Young Living Essential oils ARE worth a try in discovering how they may help you to experience a healthier, happier life.

Read more on: [Hormones and Progessence](#)

\* These statements have not been evaluated by the Food and Drug Administration. This information refers solely to products from Young Living Essential Oils and is for educational purposes only. It is not intended to diagnose, treat, and claim to cure, treat or prevent any disease. We urge you to do the health related research necessary to learn what is right for you. Young Living uses only therapeutic grade oils. Perfume grade or poor quality oils may possibly be harmful due to unknown additives and poor plant or distillation conditions. US labeling for essential oils is governed by the Perfume Act, allowing labels to say "100% pure essential oil" and by law contain only 5% of any grade .