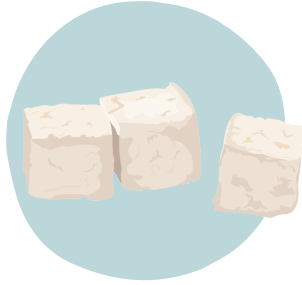


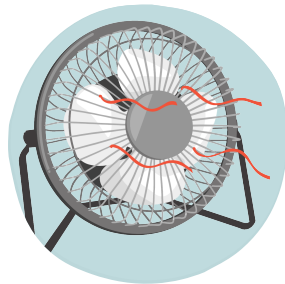
# Natural Remedies for Hot Flashes



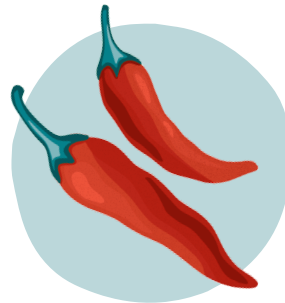
Consume more  
soy isoflavones.



Reduce stress through yoga  
or another relaxing activity.



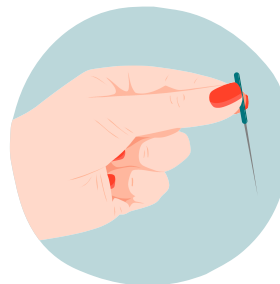
Use a fan, A/C,  
or cooling pad.



Avoid dietary triggers  
like caffeine, spicy foods,  
and alcohol.



Stop smoking.



Try acupuncture.