

# **Pain?** **Ask Amber**



**Q:** *HELP! I'm only 41, but I have recently started getting hot flashes, mood swings and night sweats. I guess it's menopause, what can I do?*

**A:** Regardless of age, menopause can be a very difficult time of life. Sleeplessness, fatigue & hot flashes are only a few of the noticeable symptoms. Consider the following advice to assist naturally:

- Decrease caffeine, sugar and meats
- Increase soy, whole grains, almonds and brown rice
- Alkalize your body - eat plenty of alkaline foods, and try an ionspa footbath!
- Consider supplementing with Acidophilus, red clover, vitamin E, magnesium and vitamin C
- Try the Bowen technique at Let it Heal to balance endocrine systems and enhance organ function
- Regular exercise is important for bone density

The relief provided by our experience Bowen practitioners goes far and beyond relaxation. The Bowen technique actually triggers the central nervous system to re-balance itself. Our clients have reported decreased hot flashes, increased energy and improved sleep. For more information on how we can help you, visit our website, [www.letitheal.com](http://www.letitheal.com) or give us a call today!

Tune into [www.ThatChannel.com](http://www.ThatChannel.com) this Thursday at 11 am to view our new talk show, Let it Heal LIVE. This week's topic: Menopause

# *Let it Heal*

*[www.letitheal.com](http://www.letitheal.com)*

Fortino's Plaza, 2025 Guelph Line, Unit 172,  
Burlington 905-335-9355 or Dundas 289-238-8980