

Is It Hot In Here?

E S S E N T I A L S F O R T H E S P E C I A L W O M A N

HOT FLASH PRODUCTS AVAILABLE AT ESSENTIALS FOR THE SPECIAL WOMAN:

- Wicking Sleepwear
- The Chillow®
- Vitamin E
- Essential Oils
- Menopausal Awareness Items
- Hand-held Personal Fans

POWER SURGES—HOT FLASHES AND THEIR TREATMENTS

A majority of women over the age of 45 have experienced hot flashes – sudden, intense, hot feelings that envelope a woman’s face and upper body and often leave her drenched in sweat. Believed to be mainly caused by the hormonal changes associated with menopause, these feelings may be preceded or accompanied by a rapid heart beat, nausea, dizziness, anxiety, headaches, weakness, or a feeling of suffocation.

While the direct link between hormone levels and hot flashes is not entirely understood, many doctors believe that diminished levels of estrogen effect the hypothalamus, the part of the brain responsi-

ble for temperature control, and cause it to read “too hot.” In response, the body sweats in an attempt to relieve the



Studies have shown that 85% of US women experience hot flashes as they approach and/or during menopause.

heat and cool down.

The symptoms of hot flashes, which may be more severe for women who were prematurely

put into menopause by a medical treatment, may also be affected by a woman’s lifestyle and/or medications. In fact, studies have shown that 50-75% of women taking Tamoxifen or Arimidex, common post-breast cancer medications, experience increases in their hot flashes. Additionally, a majority of women report stress as the most common lifestyle-trigger of hot flashes.

Historically, the most common treatment for the relief of hot flashes has been Hormone Replacement Therapy (HRT); however, today, there is growing evidence that suggests that the risks involved with HRT may far outweigh its

Cont. Page 2

INSIDE THIS ISSUE:

Power Surges – Hot Flashes and Their Treatments	1
Wicking Sleepwear—A Solution for Night Sweats	1
The Chillow®—A Second Solution for Night Sweats	2
Recipe: Homemade Frozen Fruit Sorbet	3
Essentials For The Special Woman Coupon	3
Recipe: Meno-Magic	4

WICKING SLEEPWEAR—A SOLUTION FOR NIGHT SWEATS

The term “night sweats”, or “nocturnal hyperhidrosis”, refers to excessive sweating that occurs during the night. This phenomenon, which may be caused by any number of things, can cause the sufferer to wake up in the middle of the night cold, clammy, and un-

comfortable with drenched clothing and sheets that are damp.

While there are a number of treatments that might help with this phenomena (see our Power Surges article above), one of the most effective solu-

tions is the use of *wicking sleepwear*. This specialty sleepwear is made of an extraordinary, layered fabric that moves sweat away from the body to the outer layer of the fabric, where it evaporates

Cont. Page 3

THE CHILLOW® – A SECOND SOLUTION FOR NIGHT SWEATS

The Chillow® is a personal cooling solution that uses SoothSoft® Comfort Technology to provide cooling without the use of electricity or refrigeration. Roughly the size of a standard pillow, this thin, flat pad absorbs heat from the body and releases it into the air, at the same time providing a cool surface to further cool the body.

Designed with comfort in mind, the Chillow® is made

of hypoallergenic and non-toxic materials that feel like cool, soft glove leather and only require activation once, a process that takes roughly 30 minutes. The specially formulated medical-grade gel ingeniously matches the body's cooling needs – providing a cool and refreshing surface after an active day, when the metabolism is high, and a more tepid surface in the early morning hours,

when the metabolism has slowed and the air is at its coolest.

Used alone or in a pillow case, this wonderful product can be used to help soothe a number of ailments – including hot flashes, night sweats, fevers, sunburns, headaches, body and back aches, sports injuries, and so much more – and is available at Essentials For The Special Woman's Vernon boutique.



... CONT. POWER SURGES

benefits. In fact, the National Institute of Health's Women's Health Initiative recently discovered that women on HRT have an increased risk for heart attack, stroke, breast cancer, and dementia.

Severe hot flashes can make it difficult to get a full night's sleep, which can in turn affect one's mood and concentration, as well as cause other physical problems.

So, what's a health-conscious woman with hot flashes to do? First, and foremost, make every attempt to avoid behaviors and/or situations that may trigger a hot flash. These triggers could include stress, alcohol, caffeine, diet pills, spicy or hot foods, hot tubs or saunas, hot rooms, weight gain, hot weather, and/or smoking. In addition, following the below survival tips may help to diminish the effect of the hot flashes:

- Dress in layers, so as to be able to easily doff and don items as the body's temperature fluctuates.
- Avoid clothing made from wool, synthetic fibers, or silk.
- Avoid turtle-necks or tight-fitting clothing.
- Continually sip ice water to rehydrate the body and cool its temperature.
- Whenever possible, lower the thermostat or keep temperature-lowering devices, such as fans, at arms-reach.
- Wear pajamas made of cotton or specially-formulated wicking materials.
- Use only sheets made of cotton or specially-formulated wicking materials.
- Take a cool shower before going to bed.
- Exercise (Note that this is an excellent stress-reliever that will not only improve the hot flashes, but will have a positive impact on any other menopausal symptoms present.)
- Practice relaxation techniques.
- Change your diet in an attempt to avoid any food triggers and/or lose any excess weight.

- Try acupuncture.
- Take 800 IU's of Vitamin E and/or 200-250 mg of Vitamin B6 daily.
- Practice slow, deep breathing techniques.

For severe hot flashes not affected by lifestyle changes, it is best to consult one's physician, as there may be prescription medications available that can help alleviate the symptoms of the hot flashes, such as some blood pressure-reducing medications, low-dose antidepressants, mild sedatives, and/or, as a last resort, low-dose HRT's. It's important to note, however, that experts caution against hormone therapies, including the use of plant estrogens such as soy, black cohosh, and ginseng, in women with a history of estrogen-dependent breast cancers.

HOMEMADE FROZEN FRUIT SORBET

Recipe courtesy of *The Change of Life Diet and Cookbook* by Elaine Magee



Cool down those hot flashes with this frozen summer treat!

This is a fun way to enjoy your high calcium, low-fat yogurt! You can add a packet of sweetener — or enjoy as is! The flaxseeds will add magnesium and fiber, as well as some phytoestrogens and omega 3's.

Ingredients:

- 6 ounces low-fat vanilla yogurt
- 2/3 cup frozen berries, any flavor, or peaches
- 1 packet artificial sweetener
- 1 tbsp ground flaxseed

Add yogurt, berries, and sweetener to a blender or food processor and pulse until a nice mixture is made.

Add to a serving dish and stir in flaxseeds.

Yields:

Makes one 1/25 cup serving.

Nutritional Information:

229 calories, 11g protein, 37g carbohydrates, 5g fat (1.6g saturated fat.)



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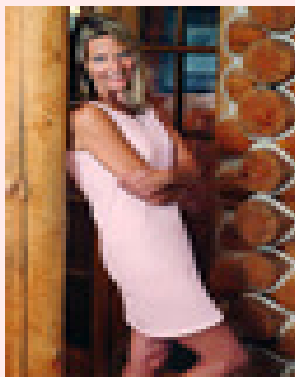
Essentials For The Special Woman
54 Hartford Turnpike, Vernon, CT 06066; 860.647.6996

This coupon entitles you to
\$5.00 OFF
any combined Wicking Sleepwear or Chillow purchase totaling \$20.00 or more.

“It’s also helpful to realize that this very body that we have, that’s sitting right here right now...with its aches and its pleasures...is exactly what we need to be fully human, fully awake, fully alive.”
-Pema Chodron

...CONT. WICKING SLEEPWEAR

At the same time, the permeability of the fabric allows hot air to radiate away from the



body, keeping the skin fresh and cool.

Essentials For The Special Woman currently carries *Wicking J. Sleepwear's* line of wicking sleepwear and stocks over five styles of pajamas and sleepwear, ranging from gowns to Capri sets. These garments, which come in a variety of colors, range in generous sizes from Small to 3XL and come in styles that will flatter all body types.

It’s important to note that wicking fabrics should be hand-washed in cold-water and hung to dry. Fabric softeners should not be used with wicking garments, as they can impede the fibers’ wicking properties.

Visit us in our new Vernon, CT location to see all of our wicking sleepwear options!



Featured on ABC's *The View* and *Good Morning America*, wicking fabric will maintain its wicking properties even after washing.

WE'RE ON THE WEB!
WWW.ESSENTIALSFORTHEPECIALWOMAN.COM



Essentials For The Special Woman

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Mondays 9:30am - 7:00pm
Tuesdays - Fridays 9:30am - 5:00pm
Saturdays 10:00am - 3:00pm
In-Home Fittings Offered by Appointment

A full-service boutique for women who have been diagnosed with cancer and/or women seeking a healthier lifestyle.

Essentials For The Special Woman was founded by Carol Pelphey, RN, CMF — a registered nurse who was diagnosed with breast cancer in 2002. Frustrated with the lack of qualified professionals who offered all of the services and products she needed — including forms and garments that were attractive, feminine, and a joy to wear — Carol opened the boutique with the goal of providing everything that a cancer survivor would need in one, beautiful location. In addition to all of your cancer needs, we also provide many products that promote health and general well-being.

We invite you to stop by our boutique and see if we may be of service to you; or, please contact us for further information or to schedule an appointment.

M E N O - M A G I C

Recipe courtesy of *Drink To Your Health* by Anita Hirsch, .M.S., R.D.

Temper the symptoms of menopause with this nutrient-dense drink. Also called the "Quick Breakfast in a Glass", this drink makes a healthy, well-balanced breakfast for those on the go.

Ingredients:

1 cup chocolate-flavored soy milk
1/2 cup orange juice
1 tbsp oat bran or wheat germ

Combine ingredients in a large glass and whisk together. Serve.

Yields:

1 serving, about 1-1/2 cups

Per Serving with Oat Bran:

279 calories, 9g protein, 52g carbohydrates, 5g fat, 0 cholesterol, 1g dietary fiber, 40mg isoflavones. High in vitamin C, vitamin D, folate, calcium, copper, and magnesium. A good source of protein, carbohydrates, iron, and potassium.

Per Serving with Toasted Wheat Germ:

291 calories, 10g protein, 51g carbohydrates, 6g fat, 0 cholesterol, 1g dietary fiber, 40mg isoflavones. High in protein, vitamin C, vitamin D, folate, calcium, copper, and magnesium. A good source of carbohydrates, iron, potassium, and zinc.



This drink delivers many health benefits and tastes great too!