

DEE KEARNEY

MENOPAUSE GUEBOOK

A DAILY GUIDE TO HELP WITH NIGHT SWEATS
AND SO YOU CAN GET TO SLEEP!



WWW.DEESDIGITALS.COM

1

THE HOT FLASH CHRONICLES

Hot flashes are not “a little warm.”

Your body begins to rebel against you. Hot flashes don't care where you are. You can be at Church, Work, trying to Sleep or in Traffic.

Your skin feels like it's on fire. Your brain feels foggy and your patience? Gone.

You start dressing in layers like a paranoid weather reporter.

You learn the power of fans.

You learn that they make personal and portable fans just for women.

You respect cold drinks in a whole new way.

This isn't weakness, it's biology being loud.

**WHAT CAN YOU DO,
TRY THESE TIPS FOR STARTERS...**



②

TIPS FOR HOT FLASHES AND GETTING TO SLEEP

- Keep the room cool. Colder than you think.
- Use breathable sheets (cotton or bamboo).
- A cool washcloth on your neck or wrists helps fast.
- You can ask your doctor for certain medication, some in pill form, and now they have injections as well as estrogen patches, gels and various vaginal preparations

READY TO LEARN MORE

**CLICK THE LINK TO GET ACCESS
TO OUR E-BOOK WITH MORE
SUGGESTIONS ABOUT HOW TO
DEAL WITH HOTFLASHES AND
OTHER SYMPTOMS OF MENOPAUSE**

[CLICK LINK TO GET E-BOOK](#)

[JOIN OUR FACEBOOK GROUP](#)