

GOODBYE  
HOT FLASHES  
BRAIN FOG  
& INSOMNIA  
CHECKLIST

VANESSA NIXON, TRADITIONAL NATUROPATH

# To Reduce Hot Flashes Naturally

## Keep Cool

Keep hydrated with water and herbal teas. Cooling herbs include: chickweed, elderflower, Viola, Oatstraw, Mint, Mallow and Hibiscus

## Nourish Your Liver

Good liver herbs include: Dandelion, Burdock, Nettles, Yellow Dock, Milk Thistle and Chicory

## Supplement

Hot flashes deplete Vit B, C, Magnesium and Potassium. Herbal teas of Red Clover and Oatstraw can replace these. Consider also supplementing with Vit E and Selenium

## Move Your Body

As little as 20 min of exercise 3 times a week can reduce hot flashes dramatically

## Try homeopathy

Homeopathy can be highly effective for relieving hot flashes. Top remedies include: Lachesis, Sepia, Pulsatilla, Valeriana, Sanguinaria and Belladonna. Consult a homeopath to determine which one is right for you

# To Reduce Brain Fog Naturally

## Nourish Your Brain

Nutritional deficiencies affect the brain more than any other organ. Nourish your brain with fermented foods, good fats, leafy greens, beans, nuts, eggs, fish, mushrooms and berries.

## Mental Exercise

Keep your mind active learning something new every day and using activities such as reading, puzzles and brain teasers.

## Supplement

Consider supplementing with Vit B, D and E as well as Omega 3's and magnesium.

## Meditate your Way to Brain Health

Nature and movement meditations have been proven to boost brain health: walking, yoga, tai chi and gardening are good examples.

## Boost your Brain with Herbs

Good examples of brain boosting herbs include: Lemon Balm, Gotu Kola, Gingko, Ashwaganda, Turmeric, Lavender and Rosemary.

# To Reduce Insomnia Naturally

## Create a Sleep Ritual

Suggestions include a warm mineral salt bath, reading a relaxing book, listening to calming music and making your room dark and cool.

## Use Aromatherapy

Lavender essential oil has long been used to help promote sleep. Other sedative eo's include: hops, sweet orange, jasmine, clary sage and chamomile.

## Nourish Your Nervous System

Herbal medicine can help soothe your nervous system, so you can relax at bedtime. Suggestions include: Oatstraw, Hops, Nettles and St John's Wort.

## Try Natural Sleep Promoters

Herbal remedies that have sedative properties include: Skullcap, Passionflower, California Poppy, Hops and Valerian.

## Keep a Journal by the Bed

During menopause, creative juices can flow vividly. Keep a journal nearby to get them out and on paper. This has the advantage of relaxing and calming the mind.

## VIBRANT MID-LIFE

# Breakthrough Session

If you'd like more personalized help, schedule a complimentary 30 minute Vibrant Mid-Life Breakthrough Session, designed for women just like you, who are looking for natural ways to reclaim your vibrant health and step into your power during these years of transition.

In your Vibrant Mid-Life Breakthrough Session, we'll:

- Get clear on what's stopping you from experiencing true health and vitality
- Create your best next step toward moving into your vibrant mid-life
- Explore how we might be able to work together further

Click the button to schedule your session!

[\*\*Book Now!!\*\*](#)

### VANESSA NIXON TRADITIONAL NATUROPATH

Professional credentials:  
Doctorate in Traditional Naturopathy  
Master's in Herbal Medicine  
Certificate in Aromatherapy  
Certificate in Nutrition  
Certificate in Homeopathy  
Certificate in Reflexology  
Certificate in Iridology  
Professional Middle Eastern Dance Performer and Instructor  
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