

A woman with her head resting on a table next to a desk fan. The fan is a white and blue oscillating fan. The woman is wearing a floral patterned top. The background is a dark, textured wall.

TAKE THE HEAT OUT OF YOUR
NIGHT SWEATS – HERE'S HOW!



If you'd like to alleviate your symptoms this 3 day challenge will give you a chance to see if you can make changes to relieve night sweats. Follow these easy steps to a better night's sleep, keep them up and the night sweats will ease if not go altogether!

PREPARATION

Before you start you need to go shopping, firstly buy lemons – a pack of 4.

Start taking Magnesium – up to 400mg a day – this helps with sleep and many other functions in the body.

You also need to buy yourself alternatives for caffeine and for 3 evening meals:

- This 3 day challenge removes all caffeine
- You will also be removing all alcohol and sugar based drinks
- Your evening meals will be minus carbohydrates, instead you will have protein along with vegetables, nuts, seeds and dairy. You can flavour food with citrus, pepper, herbs, gentle spices,

also dressings like french, caesar, mayonnaise and pesto are allowed.

What carbohydrates need to be removed from my dinner?

Potatoes, couscous, sweet potato sweetcorn, peas, rice, tomatoes, pasta, bread, noodles, gnocchi, pizza, fruit, sweets, chocolate, desserts, pastry, full sugar & diet soft drinks, alcohol, tomato sauce, salad cream , tomato / processed sauces.

Herbal teas – remove drinking chai and ginger based drinks in the evening.

What protein should be added to my evening meal?

Any quality meat (not processed such as bacon), poultry, fish, mushrooms, tofu, nuts, seeds, cheese, cream, crème fraiche, milk, butter, eggs, beans, lentils, quinoa, mayonnaise, Caesar dressing.

None of these products should be low fat, as in these products fat is replaced with sugar.

What vegetables can I eat?

The greener, the better and a greater variety to aid your gut health, helping you process and gain nutrition from food. For this challenge swap red peppers to green ones and remove those veg in the list above 'what carbohydrates to remove from meals'



DAY 1

When you get up, squeeze $\frac{1}{2}$ a lemon into warm water and drink this at least 30 minutes before eating or drinking anything else. This flushes last night's toxins out of your blood stream and down the loo 😊

Eat as normal in this test for breakfast and lunch

No caffeine after 4pm

No alcohol

Dinner is NO CARB zone – for example:

Chicken with pesto and mozzarella, roasted courgettes – a selection of vegetables or salad, or mixed. Don't think '5 a day' think '30 a week' pack in a variety of veg for your gut health.

Sweet treat – Coconut Soya Yoghurt

DAY 2

Follow Day 1

Dinner example: Pan fried salmon with hollandaise, asparagus, greens with a citrus butter or salad

Sweet treat – handful of pistachios



DAY 3

Follow Day 1

Dinner example: Pan fried pork and mushrooms in a crème fraiche, onion and feta sauce. A selection of green vegetables or salad.

Sweet treat – 100g of mixed berries

All 3 dinners can be replaced with a vegetarian /vegan option, however this doesn't mean carbohydrates; something that is protein based that you regularly use is perfect.

HOW TO PACK A SALAD WITH GOODIES

Green salad leaves, water cress, curly kale, spinach, cabbage, courgettes, beetroot, carrot, cucumber, radishes, peppers, herbs, tomatoes, raw veg like crumbled cauliflower, cooked & cooled green beans/asparagus, salad onions, boiled eggs, chickpeas, herbed quinoa, sunflower seeds, pumpkin seeds, almonds, cashew nuts, walnuts, hazelnuts, pomegranate seeds, crumbled feta or grated cheese, citrus slices, avocado, berries.

You can have warm salads too – heat up peppers, tomatoes, onions, vegetables, and mix with leaves like rocket and spinach.

Drizzle with healthy oils such as olive or coconut.

Salads will never be boring again!

AFTER 3 DAYS

Have the night sweats started to lessen? I hope so, If not you may want to try this way of eating for a couple of weeks to really help your Liver detox. In the middle of the night, the liver fires up like an engine and cleans the toxins out of your blood, the more toxins, the harder it works. The harder it works the hotter you get, ending up as night sweats. Eating and drinking this way, plus adding in Magnesium will all help to give you a better night's sleep.

These top tips are taken from Andrea's new eBook, created for Cotswold Menopause. Packed with information, supplements, advice and understanding on helping you understand your menopause, how to ease your symptoms and embrace this time to flourish in the years to come! You can view it here: [THENATURALMENOPAUSE.CO.UK](https://thenaturalmenopause.co.uk)

FOLLOW ANDREA AT COTSWOLD MENOPAUSE ON:



Andrea Marsh is a Shiatsu and Chinese Medicine Practitioner in Cheltenham. Since experiencing her own perimenopausal symptoms she began researching what is really happening to your body during the menopausal years and she now uses her knowledge to help you relieve your symptoms. You can also visit her at her website for more information on how she can work with: cotswoldmenopause.co.uk

