

Studies Show Vitamin E and Minerals Remedy Hot Flashes and Insomnia

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November 24, 2014 (FPRC) -- According to the National Institutes of Health, up to 80% of women in menopause regularly experience the sudden, intense, hot, perspiring feeling in their face and upper body known as a "hot flash". Due to the side effects of hormone drugs, many people are reaching out to seek natural remedies for relief. Vitamin E is famous for the health benefits it provides to glands, organs and the heart, however it may not be generally known that vitamin E is a proven remedy for menopause hot flashes and night sweats.

A night sweat is a "hot flash" that occurs in the night, often while one is sleeping, and can cause frequent awakenings. A diminished level of estrogen has a direct effect on the hypothalamus, the part of the brain responsible for controlling our body temperature, sleep cycles, and hormones. The menopausal drop in estrogen confuses the hypothalamus, which is sometimes referred to as the body's "thermostat", and makes it read "too hot." Men can also have hot flashes due to a lessening of testosterone at middle age.

Vitamin E was shown in a recent study from Gynecologic and Obstetric Investigation to be a natural alternative to estrogen therapy and an effective remedy for hot flashes. The researchers found there were significant statistical differences in the hot flash severity score after women took a 400 IU vitamin E (softgel cap) daily for 4 weeks. They concluded that based on the trial, vitamin E is recommended for the treatment of hot flashes.

Adelle Davis, the first nutritionist to base her recommendations on science-based studies, says: "During the menopause the need for vitamin E soars ten to fifty times over that previously required. Hot flashes and night sweats often disappear when 50 to 500 units of vitamin E are taken daily, but they quickly recur should the vitamin be stopped."

Regarding the effectiveness of minerals for insomnia, calcium is directly related to our cycles of sleep. In one study published in the European Neurology Journal, researchers found that calcium levels in the body are higher during some of the deepest levels of sleep, such as the rapid eye movement (REM) phase.

Calcium works best when it's balanced with about half as much magnesium in a two to one ratio. Mildred Seelig, M.D., a leading medical researcher on the benefits of magnesium says: "The Cal/Mag ratio of two to one (twice as much calcium as magnesium) has long been considered physiologic and best for normal functioning. This was confirmed on the basis of long-term metabolic studies in young men and women done by the Research Division of the U.S. Department of Agriculture."

In magnesium deficiency, chronic insomnia is one of the main, central symptoms. Sleep is usually agitated with frequent nighttime awakenings. On the other hand, a high magnesium diet has been found to be associated with deeper, less interrupted sleep. This was shown in a study done by

James Penland at the Human Nutrition Research Center in North Dakota.

Natural insomnia remedies for sleep, such as Sleep Minerals II from Nutrition Breakthroughs, are gaining in popularity with menopausal women. Sleep Minerals II contains highly absorbable forms of calcium, magnesium and Vitamin D – all combined in a softgel with healthy carrier oils.

Regarding the need for calcium at the time of menopause Adelle Davis says: "During the menopause, the lack of the ovarian hormones (estrogen and progesterone) causes severe calcium deficiency symptoms to occur. At these times, high amounts of calcium should be obtained and every step be taken to insure its absorption into the blood. When these precautions are taken and the diet is adequate in other respects, the woman at menopause usually loses her irritability, hot flashes, night sweats, leg cramps, insomnia, and mental depression."

Anita L. of New Caney, Texas says: "I was having hot flashes every 30 minutes to an hour through the night and was so miserable. After about two weeks of taking the Sleep Minerals, I noticed an incredible difference with my sleep. I have much less interruption from flashes, I'm sleeping much better and I'm a lot more comfortable."

Valerie H. of Santa Clarita, California says: "I had such severe menopause insomnia it took me hours to fall asleep even though I was extremely tired. My legs also had crawling and tingling feelings at night. I got the Sleep Minerals and after a few days, it started to work really well. I fall asleep now within 20 minutes and no more restless legs."

Estrogen-based hormone drugs may increase the risk of heart disease and stroke. An increasing number of women are turning to non-pharmaceutical remedies for night sweats and insomnia. Vitamin E and highly absorbable forms of natural minerals are proven, soothing alternatives.

For more information on Sleep Minerals II, visit www.NutritionBreakthroughs.com

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Keywords

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[natural insomnia remedies](#)
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