

Dr. Kwang

Wellness & Healing Teas

Hot Flashes and Night Sweats

People are looking for answers to minimize hot flashes. Some people find it a nuisance but others find it extremely uncomfortable. They go through feelings of chills and hot flashes or just hot flashes. The feeling of extremely hot ramps up quickly and then it goes away. People feel hot flashes three to eight times a day.

The current thinking is a hormonal problem. That is coincident with the onset of menopause or something that happens later on in life. The body is changing hormonally and the hot flashes occur about the same time. The first hot flash is mild. It is a warm feeling that is more of a nuisance. Months or years goes by and there may be a chill followed by a warmer feeling. The warm feeling intensifies over months or years to a greater degree.



The use of hormone-substitutes have had some success. The majority of the hormone supplements are skin patches and pills. The pill is a concentrated form of the hormone that creates an immediate effect. It raises the blood concentration of the hormone very quickly. Pills usually work within hours. The liver reduces the hormone into bile. This reduces the concentration of the hormone very quickly. The skin patches became another way of delivery system. The hormone dose is spread out throughout the day with skin patches.



There are plants that create estrogen naturally. These planted-based estrogens are called phyto-estrogens. An example is soy. These plant based estrogens bind to human estrogen receptors. This works just like the estrogen on the estrogen patches medical doctors prescribe. The skin patch has specific amounts of estrogen and people wear it. The estrogen enters the body through the skin and circulates in the body. It will bind to the estrogen receptors found in the bone, brain, ovaries, uterus, pituitary and hypothalamus.

The estrogen pill is used in some cases when the skin patches do not work. There are different forms of estrogen in pill form. The major form of estrogen is estradiol. Estradiol is the major form of estrogen in the body. It is derived from testosterone. The enzymes that convert testosterone to estrogen are found throughout the body. This means estradiol is very important and if one area of the body fails than the other compensates. It is bound to albumin in the blood. The level of estradiol is tightly regulated and do not fluctuate.

There is another hormone that works with estrogen. This hormone is progesterone.

Progesterone is produced in the ovaries, adrenals and placenta.

Progesterone is stored in the adipose tissues. Wild yams produce a plant-based progesterone that is used in

progesterone creams. The

current idea is there is an imbalance between

continued



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estrogen and progesterone. People on external estrogen and progesterone do have some successes. However, there are people who use estrogen and progesterone continuously until it stops working. Other people use estrogen and progesterone successfully without having to make any changes.

The current theory is an imbalance between the male and female hormones. Specialists test for testosterone, estrogen and progesterone. In some people it works for a while. However, in more severe cases it works only sometimes at best.

I have found a more workable solution by following the entire endocrine system. I do not think it is a lack of hormone that is causing the problem. I believe there is a lack of coordination between the endocrine glands.

The hypothalamus is the command center of the endocrine system. It is located in the brain. The hypothalamus is a collection of nerves that takes information from sensors located throughout the body. There are sensors for temperature, blood sugar, blood electrolytes, hormones, etc. Temperature is monitored by the hypothalamus. The hypothalamus receives the information and sends a signal to the pituitary.

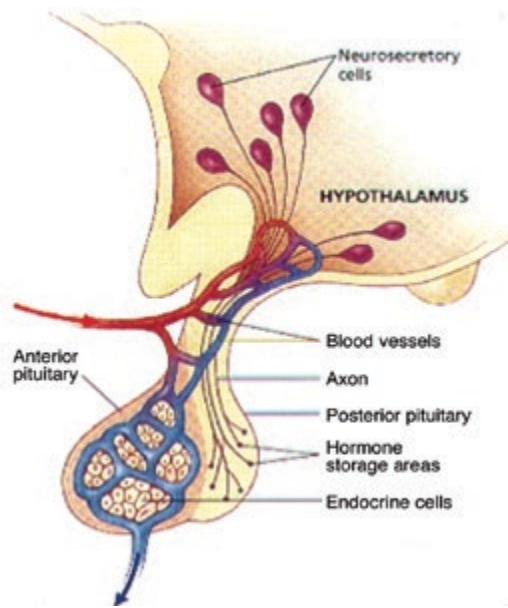
The pituitary is next level of the endocrine system. It is where hormones are secreted into the blood stream. The pituitary is separated into a front and back. The front part is called the anterior pituitary. This area is a collection of pituitary cells that produce hormones. The hormones control adrenals, thyroid, gonads, liver and ovaries.

The back part is called the posterior pituitary. This area of the pituitary is a collection of nerves from the hypothalamus. The hormones released from the posterior pituitary are directly released from the nerve. The hormones control uterus and kidneys.

The change during menopause is coincident with the onset of hot flash and night sweats. However there are some women who experience hot flash symptoms before their menopause. There are men and pre-menopausal women who experience night sweats. This means there is a more fundamental problem that causes hot flash and night sweats.

I believe the fundamental problem is due to miscommunication. The hypothalamus sends information to the pituitary. The pituitary sends information to thyroid. The effects of patches and pills is due to reestablishing the communication to the hypothalamus and pituitary. Over time the effects no longer work when the pituitary loses its sensitivity to the patches and pills. The natural remedy will restore normal endocrine function. The communication between hypothalamus, pituitary and thyroid will be restored.

The herbal teas used in the proper sequence will restore communication by increasing enzyme function. The enzymes create hormones and hormone-receptors that will restore proper endocrine function. The endocrine system is a communication system via hormones. A break in communication results in dysfunction. What we feel are hot flashes and night sweats. The herbal teas restore communication in the endocrine system.



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