



The other side of the coin — what makes hot flashes manageable when you are still doing the don'ts that trigger hot flashes — A clinical aromatherapy approach incorporating traditional Chinese medicine methodology.

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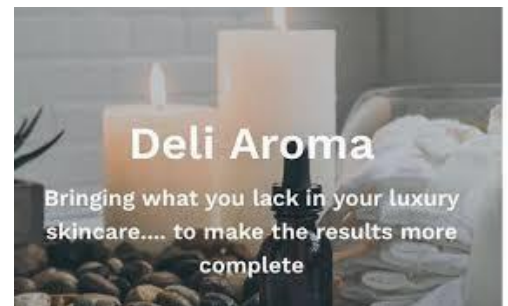
Abstract

To many, it is unavoidable that, due to hormonal changes, they will experience hot flashes in the menopause stage. Nowadays, people will avoid eating some hot food that can trigger hot flashes... but is it worth depriving the enjoyment of life? For example, let's say you need garlic, ginger or cayenne pepper to heal some ailments. Without the use of Chili oil, you may not have good micro circulation especially you are getting older. In general, rubefacient food or thermic food is necessary to improve your circulation and mind function as your body metabolism starts to slow down.

In this speech, I will examine two case studies that use herbal soak with “hot” steam on the patients. This procedure did not trigger any redness or hot flashes on their body, as a matter of fact, it reduced their hot flashes and made them sleep better. Thermic food or Rubefacient is necessary for detox — especially in menopause. This is an exploratory study in examining how Rubefacient / Thermic food can slow the aging process. At the same time, it counters the effects of hot flashes.

Biography

Fai Chan started her career in Clinical Aromatherapy in 2014. By combining pharmacology, Traditional Chinese medicine, and Clinical Aromatherapy, she advances the treatment of Diabetes, Rheumatoid Arthritis (RA) and post cosmetic procedure healing. Starting from 2020, she participated a lot in many research conferences. Grounded by scientific research, she has scholarly publications. She is passionate about carrying out research to keep abreast of the time. She is now studying neuro degeneration with the hope of more effective treatment of prevention of dementia. Also, she has refined the treatment of Diabetes and RA to bring more immediate and longer to make self care much easier.



3rd Annual congress on congress on Gynecology and Women's health
Webinar | June 28, 2021

Citation: Fai Chan, The other side of the coin — what makes hot flashes manageable when you are still doing the don'ts that trigger hot flashes — A clinical aromatherapy approach incorporating traditional Chinese medicine methodology, **Gynaecologycongress2021**, 3rd Annual congress on Gynecology and Obstetrics, June 28, 2021.