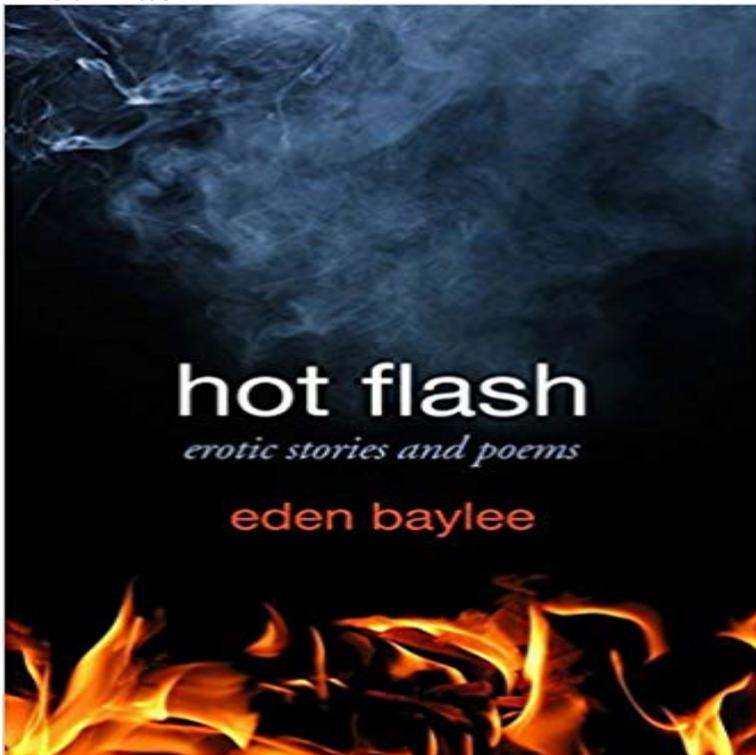


Hot Flash



Flash fiction is defined as short written pieces. Twenty stories and poems with an erotic bent make up this collection. The themes of love, lust, adultery, and regret are told in different voices, sometimes with an irreverent sense of humor. Some pieces will touch you, others will seep into your subconscious. Don't be surprised if you flinch from the heat. **WARNING:** Contains two non-erotic entries. Pun intended.

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14 Natural Remedies For Hot Flashes Prevention Hot flashes are one of the most common complaints of menopause, as the periods of intense heat, warm skin, and sweating are uncomfortable. They can be triggered by wearing tight clothing, feeling stressed, or consuming alcohol, caffeine, and spicy foods. **Hot flashes - Mayo Clinic** A hot flash is a feeling of intense warmth that's not caused by an external source. Hot flashes can appear suddenly, or you may feel them **Nutritional Relief For Hot Flashes Women to Women** If you've had one, there's no mistaking it: the sudden, intense, hot feeling on your face and upper body, perhaps preceded or accompanied by a **Hot flashes Lifestyle and home remedies - Mayo Clinic** **Menopause Hot Flashes Symptoms, Causes, and Treatments** Got hot flashes? Find natural remedies for the most annoying menopause symptom, like herbal supplements, alternative medicine, and yoga **Remedies for Hot Flashes - Healthline** According to conventional medical wisdom, menopause-related hot flashes fade away after six to 24 months. Not so, says a new study of **6 Common Causes Of Hot Flashes That Aren't Menopause** There's a reason why menopause comes to mind when you hear the words hot flash. Over 75% of menopausal women do feel the heat. But that's not the only **Menopause Symptoms: Hot Flashes -** Discover the causes of hot flashes during menopause, and what lifestyle changes you can make to help. **Hot flashes Symptoms - Mayo Clinic** Find out how to cope with hot flashes, the most common symptom of the menopause. There are a range of medical treatments, including HRT **Hot Flashes & Night Sweats - Women in Balance Institute** Your hot flashes might not be a symptom of menopause—check out these common triggers. **The Surprising Truth About Hot Flashes Women to Women** Our menopause expert Eileen Durward is on hand to tackle one of the most maligned and well-known menopause symptoms - hot flashes. A common symptom **What Do Hot Flashes Feel Like? Symptoms, Causes, and Remedies** Hot flashes are one of the most common symptoms of menopause. Hot flashes include sudden body heat, flushing, and sweating. **Hot flashes Causes - Mayo Clinic** Studies show that 4 out of 5 women will

experience hot flashes and night sweats before or after menopause, which means most of us will experience them at **Dealing with Hot Flashes: 6 Simple Ways to Find Relief - Healthline** Slight increases in your bodys core temperature can trigger hot flashes. Dress in layers so that you can remove clothing when you feel warm. Open windows or **Hot Flashes in Men - Healthline** Intense heat starts in your chest and rises to your neck and head. Beads of sweat grow until perspiration run down your face. Its a hot flash due to menopause, **Hot flash - Wikipedia** A hot flash, sometimes called a hot flush, is a quick feeling of heat and sometimes a red, flushed face and sweating. The exact cause of hot flashes is not known, but may be related to changes in circulation. Hot flashes happen when the blood vessels near the skins surface dilate to cool. **What does it feel like to have a hot flash/hot flush? How long do hot** Men can experience the discomfort of flushing and sweating from hot flashes just as menopausal women do. Learn about symptoms, causes, **Hot flashes Treatments and drugs - Mayo Clinic** If you get hot flashes and night sweats, youre not alone. Its estimated that up to 75 percent of women in the perimenopause or menopause **What Are Hot Flashes? Natural Remedies, Treatment - MedicineNet** Learn how hot flashes at menopause can affect sexuality. The North American Menopause Society (NAMS) provides resources for women to gain an **Hot Flashes & Breast Cancer Survivors, Menopause Relief The** Hot flashes Comprehensive overview covers definition, causes and remedies for this common menopause symptom. **Hot Flashes: Check Your Symptoms and Signs - MedicineNet** Take a look at how foods affect the balancing act that occurs between your hormones, so that you can minimize the intensity and frequency of your hot flashes. **Hot Flashes: Causes, Symptoms, and Treatments - Healthline** Hot flashes in women can cause a lot of discomfort. Especially at night, hot flashes are a common problem during and after menopause. The exact cause of hot flashes isnt known, but its likely related to several factors. These include changes in reproductive hormones and in your bodys **Hot flushes - causes and solutions for hot flushes during menopause Dealing with Hot Flashes: 6 Simple Ways to Find Relief - Healthline** Hot flushes are one of the most common symptoms of menopause they affect 60-80% of women during perimenopause or menopause. **Tips for Dealing with Hot Flashes and Night Sweats - Healthline** Hot flashes are a form of flushing due to reduced levels of estradiol. Hot flashes are a symptom which may have several other causes, but which is often caused **Hot Flashes, Sexual Side Effects of Menopause The North** Having hot flashes and night sweats? Does it feel like a heater is radiating deep inside your body? Do you experience night sweats that leave your drenched?