NIGHT SWEATS

Several things may be able to help. Firstly, notice if what you eat or drink in the evening changes the night sweats. If it happens between 1 – 3 o'clock in the morning, you may have an issue with the liver because that is when it detoxes each day (according to Chinese medicine).

Try drinking a cup of sage tea in the evening. This is an old herbal recipe followed in the prairies for menopausal women.

Having enough Omega 6 is usually helpful. Once a day take 1,000mg of either Borage Oil or Evening Primrose Oil or Black Currant Seed Oil.