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Hot flash SOS

Racing heart, dripping sweat... as unpleasant as those symptoms are, 75 percent of women say the most uncomfortable thing about hot flashes is that they are often embarrassingly public.

Fortunately, research points to a remedy that both prevents flashes and eases them if they do occur. "Taking slow, deep breaths helps stop the production of *norepinephrine*, the hormone responsible for confusing the brain's thermostat," explains Mabelle Seibel, M.D., medical adviser to the menopause-support website RedHotMamas.org.