

Cool Flare Formula

An Herbal Approach to Cool Hot Flashes Associated with Menopause

By Geoff D'Arcy, Lic. Ac., D.O.M.

Cool Flare Formula

<https://www.darcywellness.com/shop/cool-flare>

I was asked by a group of medical doctors to use the following format, to review the literature of one of my favorite herbal formulas. I would like to share this article with you, regarding what I found in the conventional databases.

Overview

The side effects and dangers associated with Hormone Replacement Therapy (HRT) led millions of peri-menopausal and menopausal women to search for herbal alternatives. Patients often question their medical doctors about these issues. Two thousand years ago, physicians of Traditional Chinese Medicine (TCM) began looking for botanical answers and documenting their findings. Cool Flare is an herbal formula of (5:1) extracts formulated to treat the hot flashes of peri-menopause and menopausal crises. This formula is often used in conjunction with another formula, Meno-Peace <https://www.darcywellness.com/shop/meno-peace> for treatment of severe menopausal crises.

The "hot flash" (HF), or vasomotor instability, is experienced by 75% of peri-menopausal and menopausal women in the United States. The experience for some women is minor, yet for others, the HF is an extremely unpleasant sensation that is disruptive to their sleep patterns and daily living. The HF is believed to be triggered by a number of external and internal stimuli including anxiety, stress, high temperatures, caffeine and alcohol. Thinner women tend to experience more severe and frequent HFs than do women with more adipose tissue, probably due to the ability of adipose tissue to transform androstenedione to estrone and estradiol.

Smoking history also tends to be associated with the experience of HFs at an earlier age. The etiology of HFs in the pattern of decreasing estrogen levels is related to the downward resetting of the hypothalamic thermo-regulating mechanism, probably by the action of norepinephrine, which is usually modulated by estrogen. The body attempts to dissipate unwanted body heat via vaso-dilation thereby causing the sensation of the HF.¹

The risks and potential side effects of HRT can include: vaginal bleeding (starting or returning), breast tenderness (which often goes away after three months), nausea (which may resolve spontaneously), fluid retention, changes in the shape of the eye (sometimes leading to contact lens intolerance), headache, dizziness, depression, an increased risk for reduced tolerance to sugar and other carbohydrates, and an

increased risk for gallbladder disease.¹ Studies have not confirmed that estrogen causes weight gain, yet, in some women, HRT causes water retention, and thus temporary weight increase.¹ Some scientists have pointed out that there is an increased risk of breast or uterine cancer with HRT, especially when used without progesterone.¹

These side effects and risks associated with HRT have led millions of peri-menopausal and menopausal women to seek out herbal alternatives. Robert Rister, in his book, *Japanese Herbal Medicine*, reports that in Japan, the usefulness of herbal medicine is growing rapidly among conventionally trained medical doctors. In 1976 only 42 herbal formulas had been approved by the Japanese FDA, with only 19.2% of Japanese medical doctors utilizing herbal medicine.^{2,5} In 1996 148 formulas had been approved by the Japanese FDA, and it is estimated today that almost 77% of Japanese medical doctors, who have every method of modern

medicine available to them, prescribe herbal formulas.^{2,3} This increased use of herbal medicine has been driven by hundreds of scientific studies validating the effectiveness of herbal formulas. Sixty percent of these

