# Eliminate Hot Flushes

## While Eating Out Guide

# Eliminate Hot Flushes While Eating Out

You have a meeting attend, a coffee catch up, friends coming over on the weekend followed by a family event……

“Oh, what to do?” You think to yourself. “How am I going to navigate these events and stay on track?”

Well, the main thing to note is that if you are ever going to keep on top of your menopause symptoms, maintain your body shape, and your self-confidence, then you will need to learn to navigate these types of events.

You don’t need to be perfect, but you do need to be prepared and follow a strategy.

The good news is that it’s easier than ever to wine & dine with friends and colleagues and find something healthy on the menu. While it’s not hard to find something healthy, it does take the right attitude to avoid some of the tempting foods you are faced with.

*A good positive attitude is one that creates an opportunity when faced with adversity.*

So with that being said, lets focus on the solution and not the problem. Let’s have a look at some easy solutions. First of all we need to try and reduce dairy, wheat and eggs to reduce the chances of experiencing a symptom if you can.

## Café visits

Switch dairy based Coffee for an Oat Milk Chai Latte, English Breakfast tea or a long black with a dash of cream.

Switch the scone or muffin – for a bliss ball or a berry banana smoothie

Switch the eggs for a berry banana smoothie with oat milk (other alternative milk), Soup of the day, roast vegetable medley, chicken Caesar salad without the croutons, porridge rolled oats made with dates and rice milk.

## Airports

Airports can be a mixed bag when trying to find healthy options. Smaller airports may have some fruit available and possibly a berry banana smoothie on hand.

A sandwich, a piece of fruit or orange juice may be the best you can find sometimes.

Larger airports have more options and may have juice bars like tank or pluto, or takeaways like subway.

The meal pictured below is a vegetarian korma with rice and hummus. It was at Auckland airport on my way to Sydney to spend a weekend with my nephew. I found it on the menu at Blue Bar in the international terminal. I was determined to have a few beers and enjoy myself, but I didn't go all the way to Sydney to just buy hamburgers & chips! So I sampled the local craft beer while I chose healthier options.

## Restaurants

Going out for a special dinner? Try this strategy:

1 – Juice 1 litre of cucumber, celery & apple juice in equal parts.

2 – Drink 500mls in the afternoon on an empty stomach before leaving home. This will give you lots of energy and electrolytes, arming your liver with critical energy before the food & drink onslaught.

3 – Leave 500mls in the fridge and consume when you get home before bed.

This simple strategy will make a big difference to how you sleep and feel during the next morning.

When you get to the restaurant, consider the vegetarian option, the chicken salad or the Vietnamese salad. Trying the gluten free option and asking for creamy sauces to be put on the side of the plate can help reduce the menopause side effects.

Here's lunch in Sydney at the Hard Rock Café. It was vegetarian pear, walnut and rocket salad, and yes, I had a beer with it! I gave up the pizza or burger with fries to negotiate the beer. This is what I'm talking about. You don't need to be perfect, but you do need to be constantly improving so you create long term habits.

Below is a picture of Heidi's meal at Fife Lane restaurant at Mount Maunganui. She chose to have the potato gnocchi.

## Eating with Friends

Lets' say you have friends coming over for a catch up and you're providing a platter. Normally there's cheese and crackers or chips with creamy dips that catch your eye. And once you start on the chips & dip you just can't stop. My platter here will sort that issue out easily.

Here's a platter with rice crackers and fresh fruit. Add a few nuts if you like and a bit of hummus as a dip. Compliment with carrot and celery sticks and you won't feel guilty the morning after. You won't miss the cheese & wheat crackers with this one!

Above are some salmon steaks I had at our family barbeque in Sydney. Some grilled asparagus and plenty of salad. It was a great evening.

## Pub Style Food

Let's say you are out for a pub meal for a colleagues leaving-do or a Friday after work drinks catch up. For these less important occasions choosing a soft drink can and a gluten free or vegetarian dish can be very helpful. Chicken Caesar salad or Vietnamese salad would be great. Below is a Chicken Caesar salad with smoked salmon. There's an egg in the middle there, and it would be a good option to leave that to the side.

Below is some Kentucky fried cauliflower dish I tried once upon a time.

## *Alcohol*

Do you have alcohol and desert when dining out? Perhaps have one or the other but not both. Share a desert with your partner instead. Have less alcohol than you normally would and take your time to enjoy a nice wine. There are many alcohol free drinks like wine and gin available now. These are areas worth exploring if you haven't already tried one.

Going alcohol free is a great option and isn't as hard as you think it is. When you are focussed on feeling good, you will learn to let go of things that are harmful.

There are more and more of our women following our programs who are starting to let go of alcohol.

At the end of the day what's the worst that can happen if you don't drink alcohol? Alcohol is still there tomorrow. You don't wake up feeling tired, foggy brained and grumpy. You have less hot flushes. You lose weight easier. There is certainly no need to drink like there's no tomorrow.

If you can't go to a social event without drinking, then you need to have a closer look at your relationship with alcohol. It's that simple.

How bad do you want results? The answer lies with you.

*Good luck!*

*Steve & Heidi*