

Quick & Easy Video to Reduce Your Hot Flashes with Donna Eden

Don't let the simplicity of this hot flash-reducing exercise fool you. Donna Eden has worked with thousands of women in her workshops over the years and this exercise has been very effective in helping menopausal women reduce their hot flashes. In the comments section on the youtube page for this video, one female viewer remarked, "I tried this and it worked great! I did it twice when I felt a hot flash starting and it went away! Thank you!" and another added, "I love little hints like this... so simple... so effective!"

One woman even commented that this exercise is good for more than just hot flashes, writing, "This is great just to relax – I showed it to a friend with a headache and it was gone by the time she finished it! I also use some of these exercises with the elderly (I'm a kinesiologist) and they LOVE them!"

You can work with Donna Eden in person Jan 2-4, 2015 at her ["Aging Joyfully" Workshop in Palm Springs.](#)



Donna Eden is the author of ["Energy Medicine,"](#) ["The Energies of Love" \(with her husband, David Feinstein\)](#) and more. She is one of the world's most sought after, most joyous, and most authoritative spokespersons for Energy Medicine. Her abilities as a healer are legendary. She has taught more than 80,000 people worldwide, both laypeople and professionals, how to understand the body as an energy system. [Get more info on Donna Eden's New Year's "Aging Joyfully" Workshop here.](#)