

The Nervous System Reset™

Nourishing snacks to help manage hot flushes

Are you looking for a delicious, refreshing snack to help support your body during hot flushes?

Havuç Tarator is a traditional Turkish dish that is both cooling and nourishing, making it a gentle option for managing symptoms associated with hot flushes. Made with carrots and yoghurt, it is naturally hydrating and easy to digest, while also providing a range of nutrients that support overall wellbeing.

The combination of cooling ingredients, healthy fats, and gut-friendly yoghurt makes this a simple, satisfying snack that can help you feel more comfortable during hormonal fluctuations.

Why This Combination May Help with Hot Flushes

- **Cooling and refreshing:** This dish is typically served chilled or at room temperature, providing immediate, soothing relief during episodes of heat.
- **Hormonal support:** Carrots contain specific types of fibre that may help the body eliminate excess oestrogen, which could support hormone balance.
- **Garlic (allicin) benefits:** Crushed garlic releases allicin, a compound with antioxidant and anti-inflammatory properties that may support circulation and overall cardiovascular health, both of which can be beneficial during hormonal fluctuations.
- **Nutrient-rich:** The combination provides protein from yoghurt and antioxidants from the ingredients, making it a light, nourishing option that is less likely to trigger heat compared to heavy or spicy foods.
- **Hydrating:** Plain yoghurt also contributes to hydration and supports fluid balance.



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How to Prepare

Ingredients:

- 3-4 medium carrots, coarsely grated.
- 1-2 cups plain Greek yogurt.
- 1-2 garlic crushed cloves.
- 1 tbsp olive oil.
- Optional: Toasted walnuts, salt, lemon juice, or fresh dill/parsley

Instructions:

1. **Sauté the Carrots:** Heat olive oil in a pan over medium heat. Add the grated carrots and sauté for about 6-10 minutes until they are soft and have released their natural sweetness.
2. **Cool:** Let the carrots cool to room temperature.
3. **Mix:** In a bowl, combine the yogurt, garlic, and salt. Stir in the cooled carrots.
4. **Chill:** Refrigerate for at least 30-60 minutes to let the flavours meld and ensure it is fully chilled before eating