



Menopause

WHAT IS HAPPENING?

A woman's hormone system is one of the most complex and beautiful systems in nature. Throughout her lifetime (and fertile months), her hormone levels will fluctuate greatly. After her fertile years, her body will enter a period called perimenopause (~10 years before menopause, or complete cessation of menstruation). This period is characterized by variability. As progesterone steadily declines, estrogen fluctuates wildly. During this transition, it is common for women to experience brain fog, mood swings, anxiety/depression, lack of motivation, difficult sleep, lower libido, hot flashes, and weight gain. The best way to support a seamless hormonal shift is to avoid extremes in diet, exercise, and schedules (and therefore support healthy cortisol, insulin, thyroid hormone, and neurotransmitter levels).

These same fluctuations can be experienced by younger women who stress their hormones with excessive exercise & dieting.

HOW TO NAVIGATE

- **AVOID EXTREMES**
in diet, exercise, and schedules
- **PRIORITIZE SLEEP**
arguably the best way to balance hormones
- **BALANCE BLOOD SUGAR**
insulin interacts with sex hormones
- **TRY INTERMITTENT FASTING**
rather than caloric restriction
- **FOCUS ON GENTLE MOVEMENT**
rather than intense exercise
- **MANAGE STRESS**
with prayer/meditation, nature, journaling, reading, laughter, etc
- **LOVE YOUR LIVER**
so it can detox excess estrogen
- **GET REGULAR**
so those detoxed hormones are completely eliminated

