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**Perimenopause**

- “Around menopause”
- The transition from fertility to post-fertility.
- Average Age: 42, can start in late 30’s
- Starts with lowered estradiol release

**Menopause**

- Cessation of ovulation
- Begins when you have gone 12 months without menstruation
- Average Age: 52 Range 45-58

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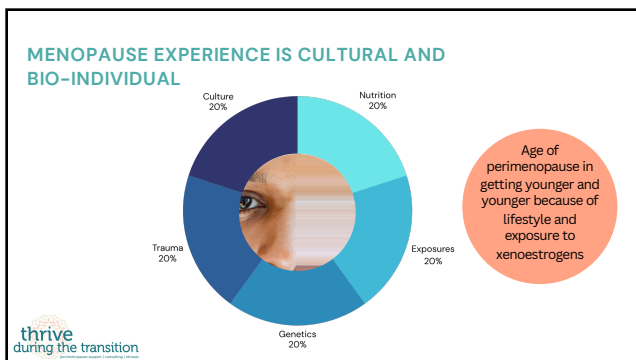
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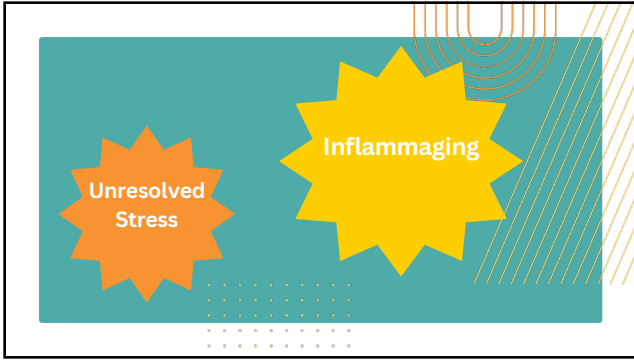
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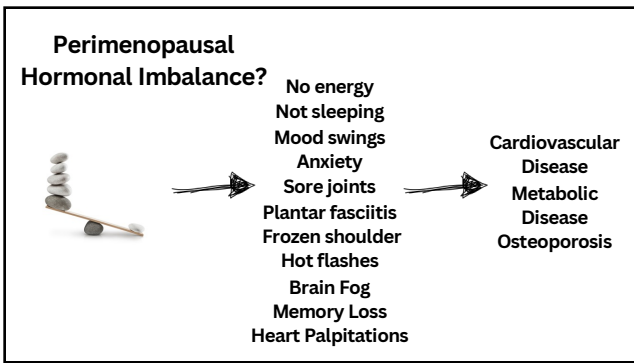
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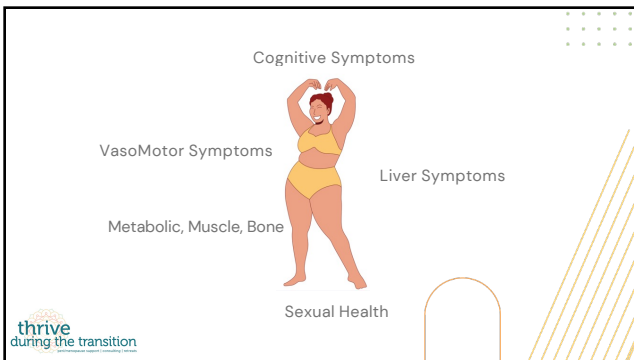
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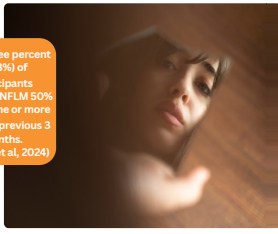
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### BASICALLY – YOU DON'T FEEL LIKE YOU



Sixty-three percent (63.3%) of participants reported NFLM 50% of the time or more over the previous 3 months. (Coslov et al., 2024)

- fatigue
- feeling overwhelmed
- low feelings
- anxiety
- irritability
- difficulty concentrating
- harder time making decisions
- being more forgetful
- tearfulness/crying
- worrying more

thrive during the transition

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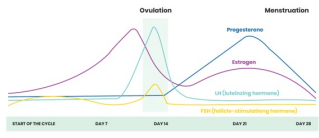
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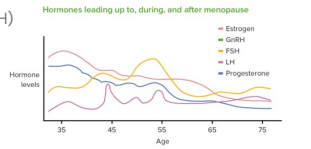
### CHANGE IN YOUR HORMONES



Key Hormones Involved

- Estrogen
- Progesterone
- Follicle-Stimulating Hormone (FSH)
- Luteinizing Hormone (LH)

Hormones leading up to, during, and after menopause



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### THE VISCIOUS CYCLE



**PreMeno**

- Doing Our Thang

**PeriMeno**

- Hit it HARDER
- Less food
- More workouts
- More stress
- MORE CORTISOL

**Mid-PeriMeno**

- MORE CORTISOL
- Exhaustion
- 2 am cortisol spike
- Less growth hormones
- Less muscle recovery
- Insulin resistance
- Less sleep

**Menopause**

- Inflammaging
- Adrenal exhaustion
- Chronic insomnia

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**THE GOOD NEWS  
YOU CAN MOVE TOWARDS HARMONY**

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**Hormones are Our Communicators**

- Functional Medicine - Classified as the Communicator
- Promote emotional health
- Control fertility
- Receptors on every organ
- Depletion leads to inflammation

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**ESTROGEN DOMINANCE**

The first things to diminish during perimenopause are progesterone and testosterone.

- irregular periods
- mood swings
- weight gain (belly)
- fatigue
- breast tenderness
- headaches, sleep disturbances, and changes in libido.

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### PROGESTERONE

- Starts to decline in 30-40's
- Can have low progesterone/high estrogen

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### LOW PROGESTERONE SYMPTOMS

Progesterone  
C21H30O2

- Heavy/Irregular Periods
- Weight Gain
- Anxiety, Depression, Irritability
- Insomnia
- Adult Acne
- Low Libido
- Headaches
- Dry, crepey skin

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### TESTOSTERONE

- Tends to decline
- Need testosterone to protect the brain
- Supports muscle preservation
- Libido

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### FSH AND LH

- Modulating to deal with declining estradiol levels

The graph plots hormone levels on the y-axis against menopause years on the x-axis, ranging from -5 to +5. FSH (blue solid line) and LH (green solid line) levels are low before menopause and rise sharply after year 0. Estrone (yellow solid line) and Progesterone (red dashed line) levels are high before menopause and decline after year 0. The 'thrive during the transition' logo is in the bottom left.

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### WHAT IS INSULIN RESISTANCE

- Are you tired after meals?
- Wake up at 2 am, hungry
- Do you crave sugar
- Can't lose weight no matter what
- Thirsty all the time, and peeing often?

An illustration of a woman with a glucose monitor on her arm, holding a small device. The 'thrive during the transition' logo is in the bottom left.

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### CORTISOL/INSULIN

- Modulating to deal with declining estradiol levels
- Glucocorticoid –sugar release to protect you in times of stress

A photograph of a woman sitting at a desk with a laptop, looking stressed. A child is visible in the background. The 'thrive during the transition' logo is in the bottom left.

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**HELPING INSULIN RESISTANCE**

- AVOID PROCESSED FOODS
- Start the day with protein
- Start each meal with greens, then protein, fat, fiber
  - Glucose Goddess
- MOVE after meals



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**TOO MUCH CORTISOL**

- Stubborn belly fat
- Recurrent infections
- Low libido
- Morning headaches
- Water- retention
- Insomnia
- High blood pressure
- 'Wired and tired'
- Sugar or caffeine cravings
- Hangry
- Difficulty staying focused
- Gastrointestinal problems



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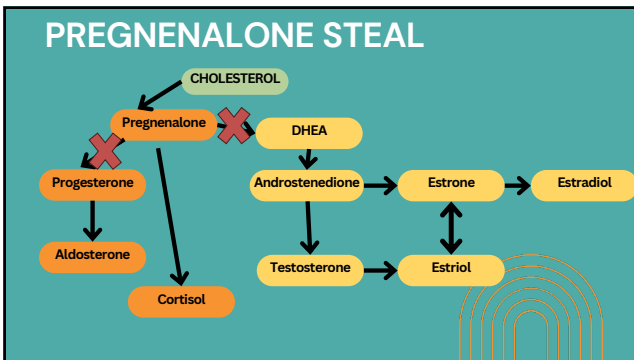
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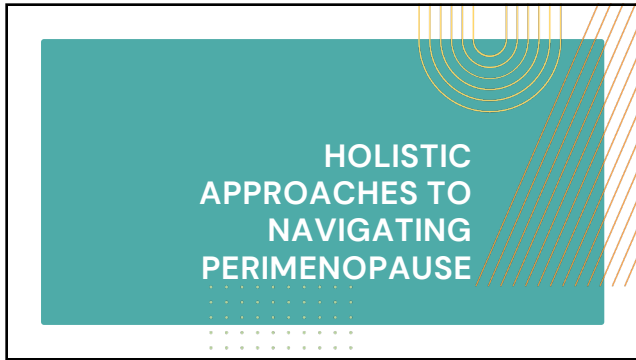
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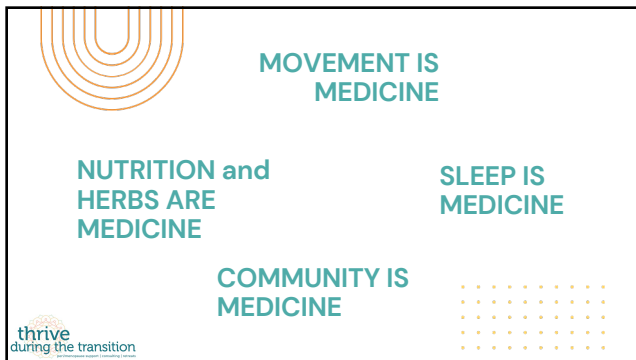
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SOOOOOO, WHAT WE DO?

- Start with Genetic Testing and Basic Labs
  - Hormone Labs
  - DUTCH TEST
  - Get Thyroid Checked!
  - Check for food sensitivities
  - Microbiome testing
  - Insulin resistant? Glucose Monitor



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SOOOOOO, WHAT WE DO?

- Focus on sleep and stress relief
- Cut Sugar, Alcohol, ALL Soda
- Remove whites from the diet (bread, rice, sugar)
- Restore Sleep
- Get Enough Omega Fatty Acids - Omega 3
- Vitamin B12 or B Complex, Vit D3



H O R M O N E S

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SOOOOOO, WHAT WE DO?

- Get enough protein
- Don't starve yourself!
- MOVE your body
- Work with an herbalist
- Consider Menopause Hormone Therapy
- Find community!



H O R M O N E S



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**thrive**  
during the transition  
peri/menopause support | consulting | retreats

**Questions?**  
Email: [bookings@laurelawilson.com](mailto:bookings@laurelawilson.com)

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