

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

HORMONAL EMPOWERMENT:
ADVANCED MENOPAUSE STRATEGIES
With Laurel Wilson

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When I asked for a smoking hot body,
Menopause was NOT what I had in mind.

WHAT THE \$%&* IS HAPPENING TO ME?

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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

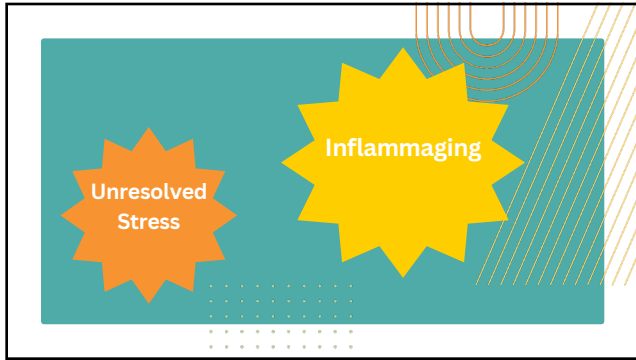
- Cessation of ovulation
- Begins when you have gone 12 months without menstruation
- Average Age: 52 Range 45-58

Age of perimenopause in getting younger and younger because of lifestyle and exposure to xenoestrogens

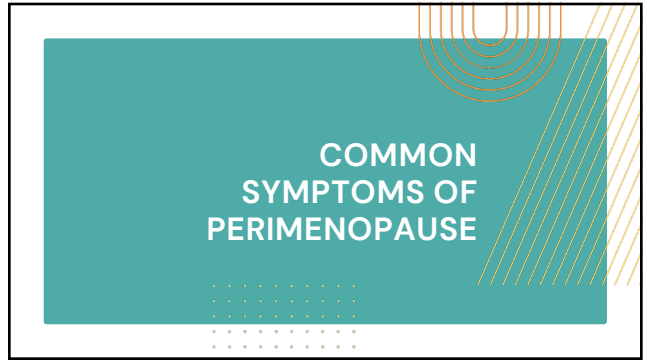
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WHAT IS ONE OF THE MAIN CAUSES OF EARLY PERIMENOPAUSE?

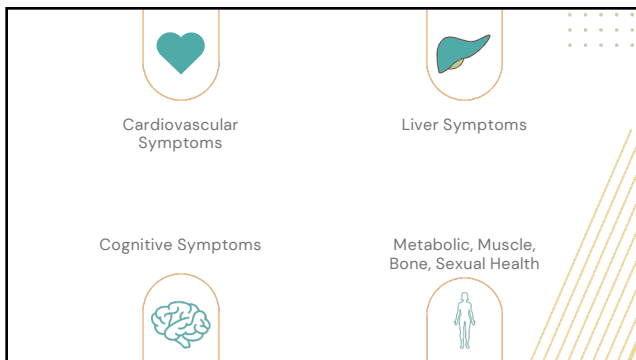
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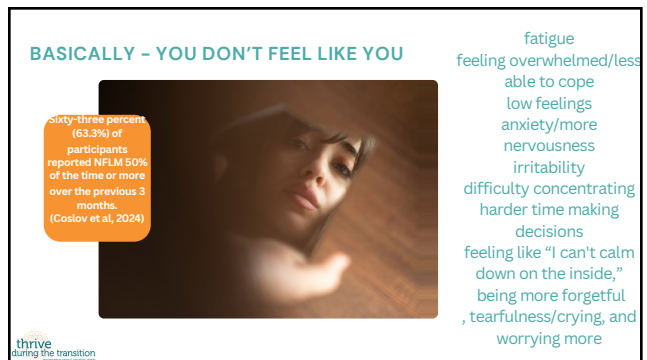
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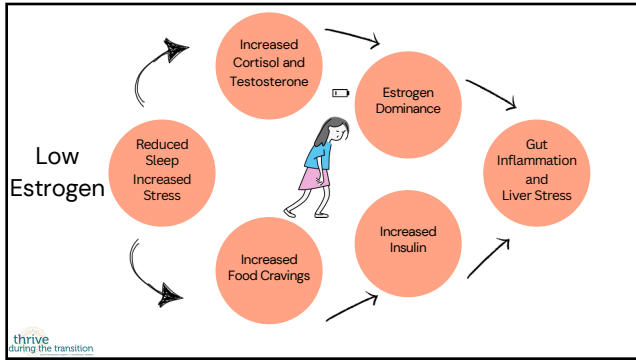
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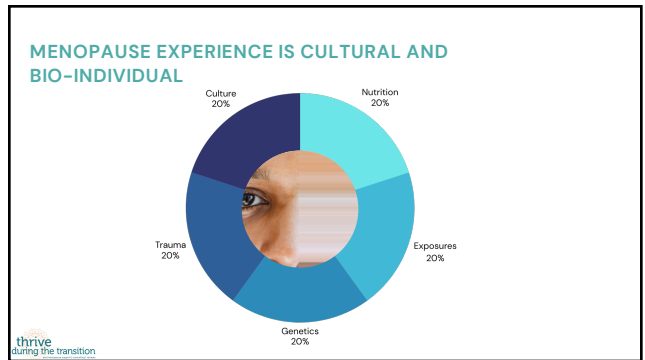
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Hormones are Our Communicators

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

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Hormonal Imbalance

No energy
Not sleeping
Mood swings
Anxiety
Sore joints
Plantar fasciitis
Frozen shoulder
Hot flashes

Cardiovascular Disease
Metabolic Disease
Osteoporosis

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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

- Estrogen
- Progesterone
- FSH
- LH

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ESTROGEN - THREE SISTERS

- E1 Estrone - Menopausal Hormone
 - Adipose Tissue
- E2 Estradiol - Fertile Years
 - Ovaries
- E3 Estriol - Pregnancy
 - Placenta
- E4 - Fetal Estrogen
 - Fetal Liver

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ESTROGEN PERIMENOPAUSAL SYMPTOMS

Let's Take a Quiz!


<ul style="list-style-type: none"> <input type="checkbox"/> Endometriosis <input type="checkbox"/> PMS <input type="checkbox"/> Irregular Periods <input type="checkbox"/> Fibroids/Ovarian Cysts <input type="checkbox"/> Cellulite <input type="checkbox"/> Fibrocystic breasts <input type="checkbox"/> Thyroid Nodules <input type="checkbox"/> Irregular/heavy periods <input type="checkbox"/> Weight gain 	<ul style="list-style-type: none"> <input type="checkbox"/> Irregular Periods <input type="checkbox"/> Hot Flashes <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Pain during penetrative sex <input type="checkbox"/> Depression <input type="checkbox"/> Frequent UTI's <input type="checkbox"/> Brain fog <input type="checkbox"/> Dry, crepey skin
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LOW ESTROGEN - NUTRITION PHYTOESTROGENS

<p>Biologicals Eggs, Chicken, Beef</p> <p>Coumestans Alfalfa and Clover Sprouts Pinto Beans Split Peas Lima beans</p>	<p>Lignans Flax Seeds Sesame Seeds Whole Grains Legumes</p> <p>Prenylflavonoids Hops and Beer</p>	<p>Isoflavones Soy Legumes</p> 
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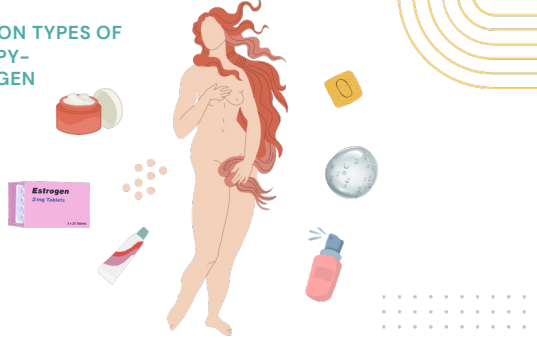
LOW ESTROGEN - REDUCE STRESS (CORTISOL BLOCKS ESTROGEN)



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COMMON TYPES OF THERAPY- ESTROGEN



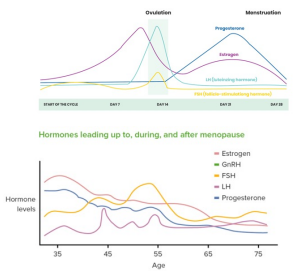
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ESTROGEN DOMINANCE

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

Have Estrogen Tested
DUTCH TEST




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ESTROGEN DOMINANCE ESTROGEN BLOCKERS

- DIM – diindolylmethane
- Estrogen blocker
- Converts estrogen into less harmful forms
- Blocks aromatase – converts testosterone to estrogen

- Cruciferous Vegetables
- IC3 – Indole-3-Carbinol precursor to DIM



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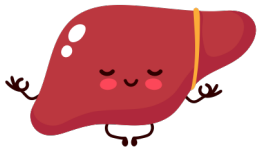
ESTROGEN DOMINANCE LIVER SUPPORT

Boost liver function with detox-friendly foods

- Lemon water, beets, garlic, onions, and turmeric all support liver detox.
- Dandelion tea is great for liver function and estrogen metabolism.

Skip alcohol & reduce caffeine

- Your liver prioritizes alcohol first, leaving excess estrogen to recirculate.

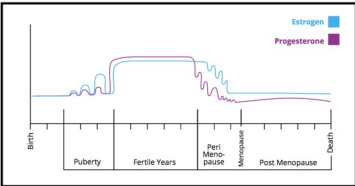


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PROGESTERONE – OUR CALMING, GROUNDING CENTERING HORMONE

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



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LOW PROGESTERONE – ARE YOU SYMPTOMATIC?

- Heavy/Irregular Periods
- Weight Gain
- Anxiety, Depression, Irritability
- Infertility, 1st trimester miscarriages?



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LOW PROGESTERONE ARE YOU SYMPTOMATIC

- Insomnia
- Adult Acne
- Low Libido
- Headaches
- Dry, Crepey Skin



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PROGESTERONE - NUTRITIONAL SUPPORT



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PROGESTERONE - BLOOD SUGAR AND STRESS



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PROGESTERONE - MENOPAUSE HOROMONE THERAPY



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TESTOSTERONE

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

Years of Age	T (pg/ml)	E2 (pg/ml)
0	350	100
4	150	50
8	250	100
18	450	100
24	500	100
30	450	100
38	400	100
46	350	100
54	300	100
62	250	100

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LOW TESTOSTERONE ARE YOU SYMPTOMATIC?

- Exhausted even with enough sleep
- Need caffeine or sugar to get through the day
- Have a hard time putting on muscle mass
- Have a hard time recovering after exercise
- Low or no libido
- Less sensitivity or arousal
- Difficulty achieving orgasm

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LOW TESTOSTERONE ARE YOU SYMPTOMATIC?

- Brain fog, forgetfulness
- Trouble FALLING asleep
- Joint pain/stiffness
- Thinning hair (particularly at temples)
- Dry skin
- Acceleration of wrinkles

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TESTOSTERONE LABS

- **Total Testosterone** – Measures all circulating testosterone
- **Free Testosterone** – Measures the active, bioavailable testosterone
- **DHEA-S** – Precursor hormone that converts to testosterone
- **Estradiol (E2)** – To check the balance with estrogen
- **SHBG (Sex Hormone Binding Globulin)** – High levels can lower free testosterone
- **Cortisol** – Chronic stress can suppress testosterone production

Best Time to Test:

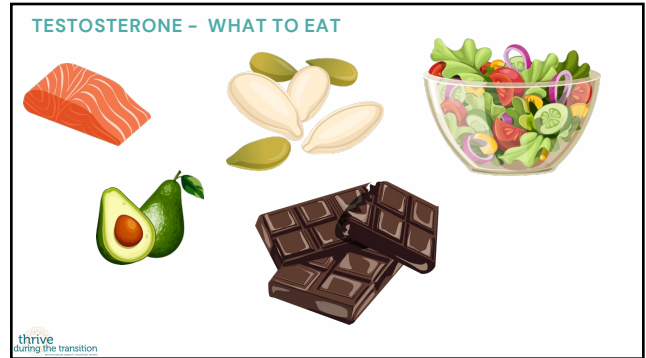
- Morning fasting blood draw (testosterone peaks in the morning)
- Ideally days 18-21 of your cycle (if still cycling)

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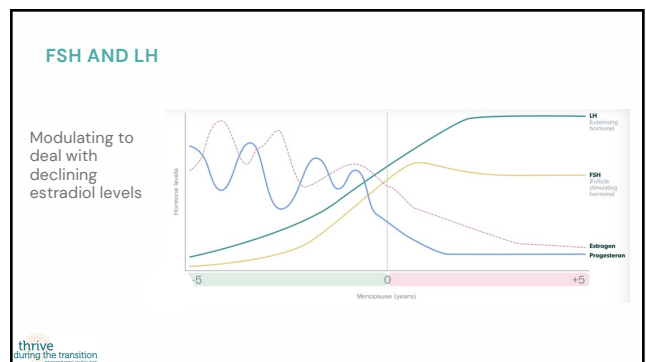
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TESTOSTERONE - SUPPLEMENTS AND MHT

- DHEA (5-25mg/day) – Helps your body make testosterone.
- Ashwagandha – Lowers stress, which helps preserve testosterone.
- Maca Root – Can support libido & energy naturally.
- Boron (3-6mg/day) – Helps increase free testosterone.
- Testosterone Therapy (If Needed!) Get tested in 6-8 weeks

The 'thrive during the transition' logo is in the bottom left corner.


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CORTISOL/INSULIN

- Modulating to deal with declining estradiol levels

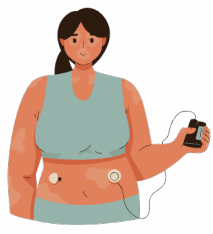


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INSULIN RESISTANCE ARE YOU SYMPTOMATIC?

- 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?




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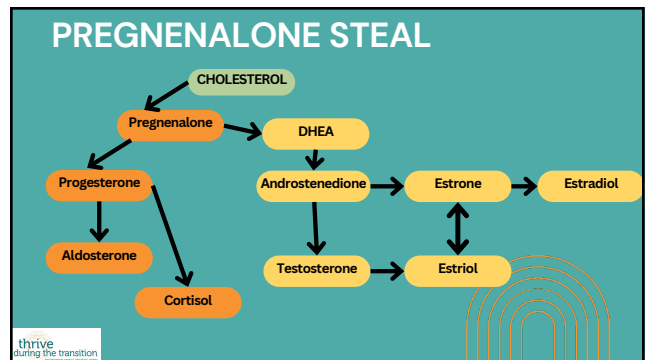
INSULIN RESISTANCE WHAT CAN YOU DO?

- Eat Fiber First (Then Protein, Then Carbs)
- MOVE after meals
- Have vinegar before meals
- Start the day with protein
- Avoid processed food, particularly Ultra Processed Foods
- Focus on savory snacks, or desserts post meal instead of sweet snacks

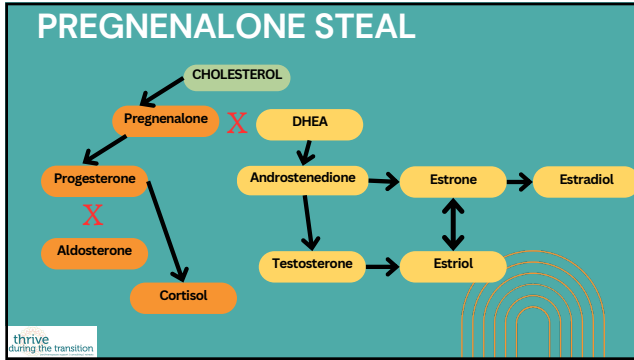


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TOO MUCH CORTISOL - ARE YOU SYMPTOMATIC?

- Stubborn belly fat
- Recurrent infections
- Low libido
- Morning headaches
- Water- retention
- Insomnia

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TOO MUCH CORTISOL

- High blood pressure
- 'Wired and tired'
- Sugar or caffeine cravings
- Hangry
- Difficulty staying focused
- Gastrointestinal problems

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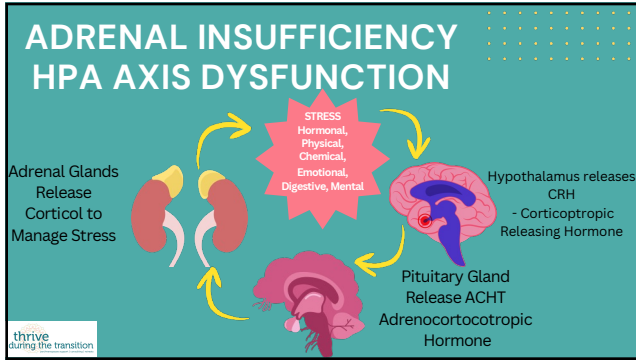
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TOO MUCH CORTISOL - LIFESTYLE MANAGEMENT

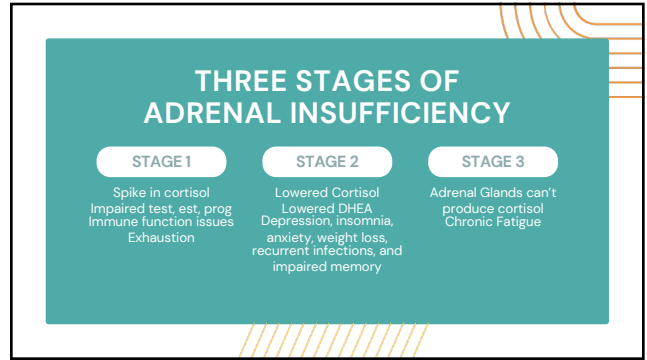
- Stress Management
 - journaling, breathing techniques, somatics, meditation
- Anti-inflammatory diet
- Focus on sleep
- Get sunshine in the morning!
- Elevate your oxytocin!

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SYMPTOMS OF HPA AXIS DYSFUNCTION

- Constant fatigue
- Menstrual irregularity
- Low progesterone
- Belly fat
- Digestive problems
- Acne
- Thyroid problems
- Infertility


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HOLISTIC APPROACHES TO NAVIGATING PERIMENOPAUSE

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MOVEMENT IS MEDICINE

SLEEP IS MEDICINE

NUTRITION IS MEDICINE

COMMUNITY IS MEDICINE

ESSENTIAL OILS ARE MEDICINE




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SOOOOOO, WHAT WE DO?

- Start with Genetic Testing and Basic Labs
 - COMT/Methylation
 - Hormone Labs - DUTCH TESTING
 - Get Thyroid Checked!
 - Check for food sensitivities
 - Microbiome testing




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SOOOOOO, WHAT WE DO?

- B-12 or B complex
- Vitamin D3 with K2
- Get enough protein
- Don't starve yourself!



H O R M O N E S


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SOOOOOO, WHAT WE DO?

Basics for Every Woman

- Cut Sugar, Alcohol, ALL Soda
- Remove whites from the diet (bread, rice, sugar)
- Restore Sleep
- Get Enough Omega Fatty Acids - Omega 3
- Consider EOs
- Consider Menopause Hormone Therapy



H O R M O N E S

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**CHANGE
TAKES TIME**
BE PATIENT, REMOVE SHAME,
ASK FOR HELP!

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A decorative graphic of four concentric, rounded U-shaped lines in orange is located in the top-left corner. A grid of small white dots is in the bottom-right corner.

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QUESTIONS?
CAN FIND ME AT
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