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NAVIGATING PERIMENOPAUSE



INTRODUCTION

- Perimenopause may be one of the most challenging hormone phases for women. Sneaky symptoms, a wide age range and the juggling of superwoman life and daily stress leaves women lost and unrecognizable- to themselves.



DEFINITION



- Perimenopause translates to “around menopause” and it’s when little changes begin to affect your body often way before you feel the effects.
- How you support yourself now will drastically impact how comfortably you transition into this next chapter.

PERIMENOPAUSE STATS

- By 2025, 1 billion women around the world will suffer from perimenopause.
- The average age of perimenopause is 40-44yrs. It can start at as early as 35.
- Women can be in perimenopause for up to 7 years prior to menopause.
- Perimenopause stops when women have no period for 12 months.
- The defining factor of perimenopause is a decline in estradiol (estrogen).



COMMON SYMPTOMS

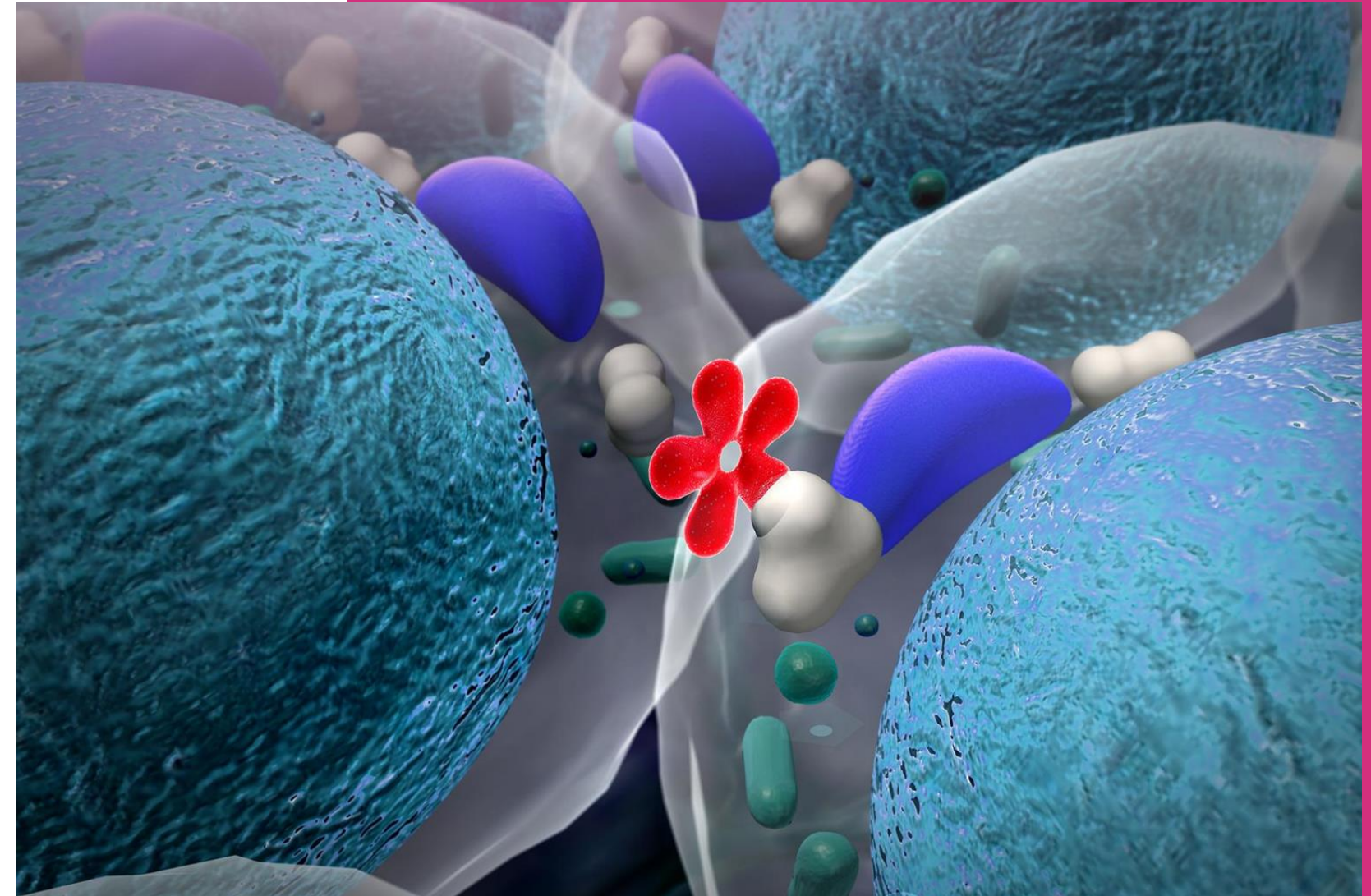


- Insomnia
- Weight gain
- Breast Tenderness
- Irregular cycles
- Hot flashes
- Anxiety

- Depression
- Brain Fog
- Fatigue
- Increased or decreased
appetite
- Inattention

HORMONE PATTERNS

- Low Progesterone
- Adrenal Fatigue (Cortisol Instability)
- Thyroid Instability
- Estrogen Dominance
- Insulin Resistance



CHINESE MEDICINE PATTERNS



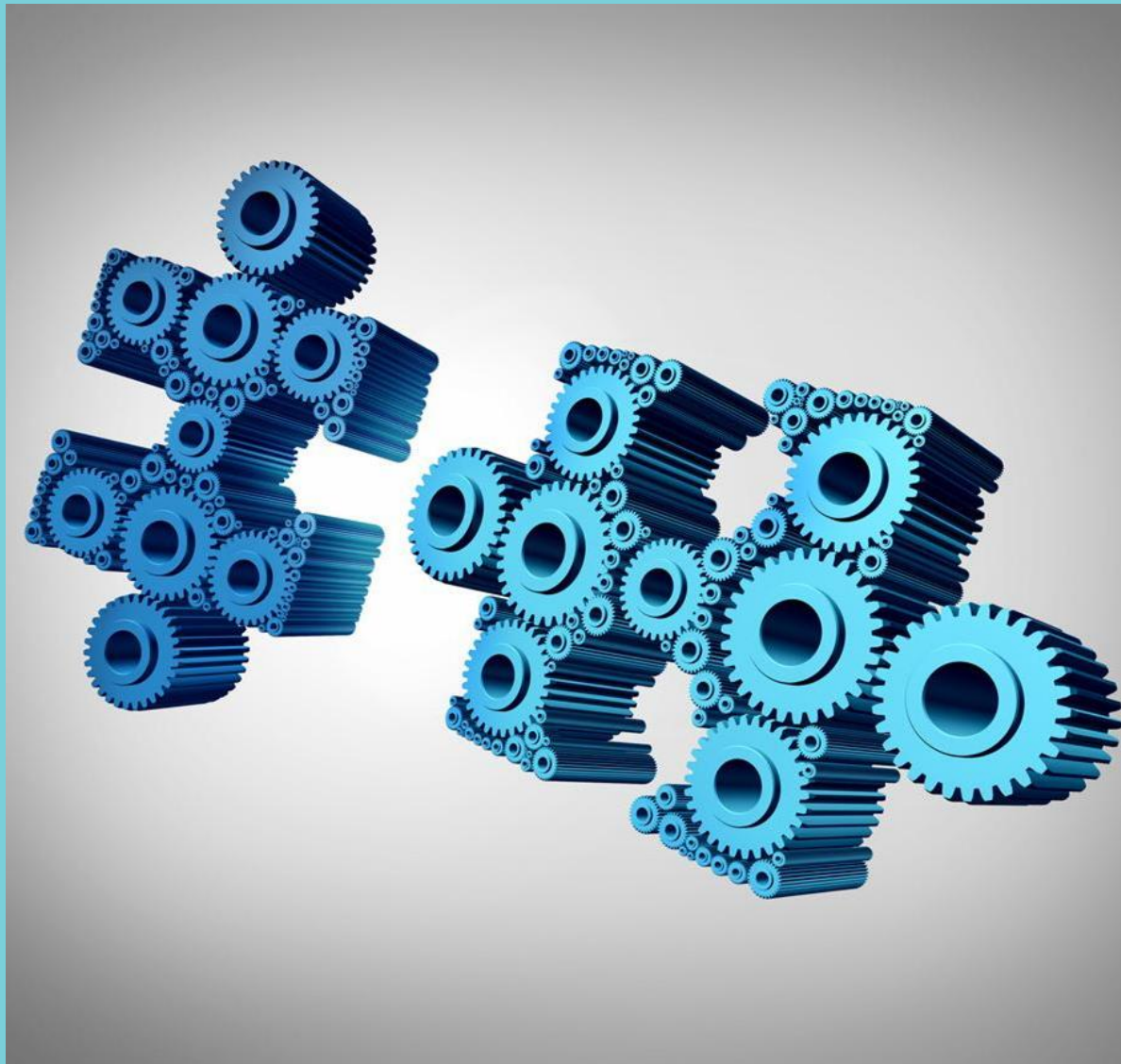
- **Kidney Yin Deficiency:** The kidney is thought to store energy and qi which declines with aging. Restoring kidney yin is a goal in Chinese medicine perimenopause patterns.
- **Liver Blood Stasis:** Poor Liver health and blood flow through the liver exacerbates perimenopause.

AYURVEDIC MEDICINE PATTERNS

- **Pitta Imbalance:** This Ayurvedic pattern holds that perimenopause results in irregular periods where the root is in the gut- establishing the gut- hormone axis is critical in this case.
- **Vata Imbalance:** Visually, think about the hormone axis becoming disconnected from the body resulting in Vata imbalance
- **Kapha dominance:** An Ayurvedic pattern where the body slows down.



THE EASTWEST APPROACH- PUTTING IT ALL TOGETHER



- Kidney Yin/ Vata Perimenopause pattern
- Liver stasis/ Pitta pattern
- Spleen meridian excess/ Kapha pattern

KIDNEY YIN / VATA



- Low progesterone
- Adrenal fatigue
- Diet: Drink thin fluids – water, herbal tea, clear soups and watery fruits.
- Supplements: Vitex extract, ashawghanda

LIVER STASIS / PITTA

- Estrogen dominance
- Thyroid instability
- Diet: Eat your greens! Leafy, upward growing greens nourish the Blood and gently move your Liver qi.
- Supplements: Milk thistle, NAC, Dim

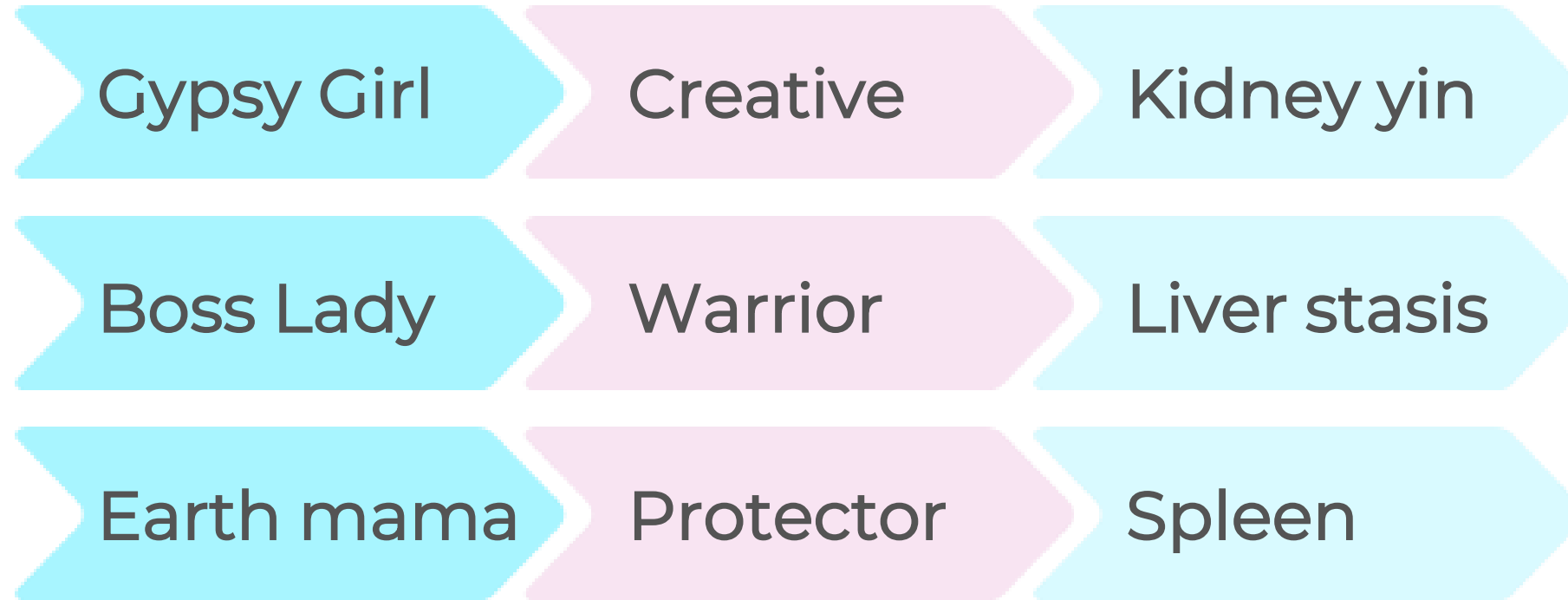


SPLEEN MERIDIAN EXCESS / KAPHA



- Insulin resistance and estrogen dominance.
- Diet: Avoid Dairy, gluten, sugar and greasy foods.
- Supplements: Probiotic, glutamine and astragalus.

PUTTING IT ALL TOGETHER

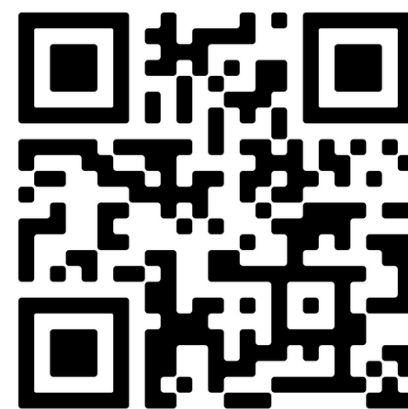


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