



The Perimenopause Pamphlet Version2.

"And the beauty of a woman with passing years only grows".

Audrey Hepburn

Perimenopause is...

A distinct and often misunderstood phase of ovarian aging, separate from menopause itself. Starting symptoms of perimenopause usually happen from age 35 and end about age 58.

Perimenopause includes the years before a woman's last menses.

Some have referred to this time as being a "second puberty" as hormonal fluctuations seem to go haywire, just like in teen puberty.

***Honorable mention;* Menopause is only one day. It is the one day after 12 months of no period. After this one day, a woman is then considered to be post menopausal.**

Perimenopause is a transition phase, not just a prelude.

It is the years before menopause, lasting anywhere from 2 to 15 years. During which menstrual cycles shift and symptoms begin. Culminating in a last period and then a 12 month "menopause" marker.

It is a time of hormonal turbulence, especially in terms of estrogen. Estrogen levels can be seen to be their highest in a woman's life during perimenopause and are a big consideration in the symptoms of perimenopause, especially those of pms, menstrual issues, and weight gain. Whereas, during perimenopause progesterone, our most valued calming joyful hormone of youth and fertility declines at a steady and sometime fast rate. This steep decline in progesterone leaves women with no protection against the havoc that excess estrogen causes. And thus no help with the symptoms that are commonly experienced during perimenopause.

Some of the symptoms a woman may experience are;

- **menstrual changes - heavy bleeding, longer or shorter cycles, mid cycle bleeding, increased PMS or PMDD**
- **anovulatory cycles - ovulation does not occur**
- **increased inflammation**
- **increased sleep issues**
- **reduced thyroid function**
- **increased weight gain - especially around the mid section and hips**
- **increased mood issues - feeling malaise or low, irritability, weepiness, rage**
- **Low libido**
- **hot flashes and night sweats**



Perimenopause is “Estrogens Storm Season” as termed by Dr Jerilynn Prior, professor of endocrinology and gynecology at The University of BC.



There are several phases of perimenopause;

- **Phase A** - Still regular cycles but with high estradiol, resulting in recurring PMS like symptoms.
- **Phase B-D** - growing cycle irregularities, increased anovulatory episodes, unpredictable estrogen, more intense hot flashes, night sweats and menstrual changes.
- **Phase E** - Beginning after the last menstrual period and ending with menopause.

All is not lost during perimenopause though ... it is the perfect time for rediscovering who you are. A time to start prioritizing yourself and your needs again.

The hormonal changes of perimenopause don't just affect your body, they affect your mood, motivation and mental clarity too. While this can be disorientating, it can also help to break old patterns and help you see what's not working in your life anymore.

So things to consider to help make your perimenopause journey easier;

- **PRIORITIZE SLEEP AND REST!**
- **PRIORITIZE FUN AND STUFF THAT BRINGS YOU JOY!**
- Reduce inflammation
- Prioritize protein at each meal
- Use bioidentical progesterone
- Use thyroid gland or desiccated thyroid
- Reduce alcohol
- Reduce junk food, fried food and even exposure to seed oils
- Reduce blue light exposure especially in the evenings - **READ A BOOK!**
- Use adaptogens like Rhodiola, Tulsi, Shizandra, Reishi and Chaga
- Use lots of minerals/electrolytes
- Aim to walk every day 10,000 to 14,000 steps

Dr Jerilynn Prior likens perimenopause to the “chaos of crashing waves during a hurricane”, while menopause itself is a calmer horizon.

I hope you find this information helpful! Chemaine xo

