

Perimenopause PDF GUIDE

Your Starter Tool Kit to navigating
hormonal Mid-Life Mayhem



@Coach_KatieK

What is perimenopause?

Perimenopause is the prequel to menopause - in the most basic terms, this is a time period when we are almost out of eggs and our sex hormones begin to decline as a result. The average length of perimenopause is 4 years.

Many people think of this time period and of menopause as the end of having your period. While this is partially true, bleeding can still occur - the true mark of this time period is when we are no longer ovulating, and all our eggs are gone. This doesn't always mean our period or bleeding, stops, which is why many women don't know that they have entered perimenopause or menopause.

As our egg number declines and our sex hormones drop, we can experience a vast number of symptoms ranging from mild discomfort to some that are overwhelming and paralyzing. And because most women are not educated about their bodies, their cycles, perimenopause or menopause it can be a frightening time.

As someone who was uneducated in this area, I now look forward to helping guide women through this season of life by supporting their mental, physical and emotional health in the most digestible ways so we can THRIVE in this half of our lives. Please enjoy this free guide and reach out with any questions!

FATIGUE

**SKIN CHANGES -
ITCHING,
SENSITIVITY,
ODOR CHANGES**

JOINT PAIN

KNOW YOUR BODY

**6 TOP
PERIMENOPAUSE
SYMPTOMS**

**BLOATING OR
UNEXPLAINED
WEIGHT GAIN**

**MOODINESS,
DEPRESSION
&
IRRITABILITY**

**DIFFICULT
PERIODS OR
PERIOD CHANGES**

Did You Know?



Perimenopause symptoms can begin in your late 30's



The average age of full perimenopause onset is 46 years old



The highest rate of female suicide is between ages 45-64

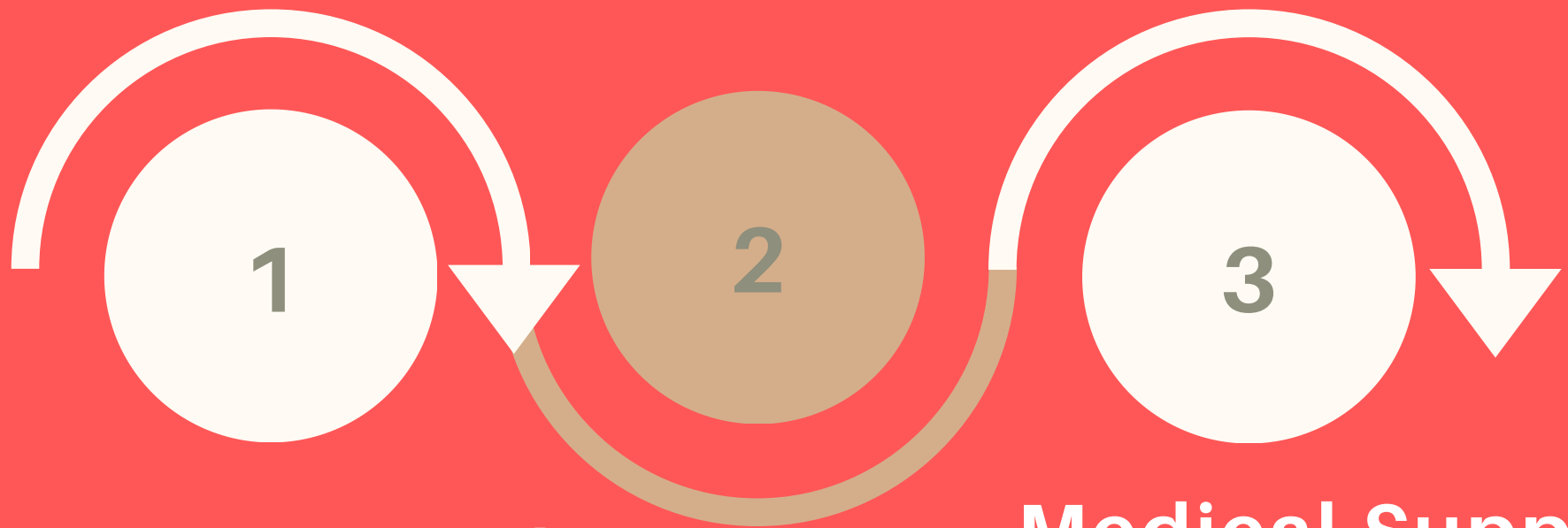


The highest rate of divorce is 45 years old

Hormones Affect Mental Health!!

Self-Care & Lifestyle

Day to Day changes including nutrition, sleep & movement optimization



Mental Health

Stress reduction here is key - it's time to do that inner work & heal triggers & trauma

Medical Support

Become established with a medical Doc who can create a long term symptom prevention & treatment plan with you

Support & Treatment

Mental Health

Hormones affect your mental health. And when we haven't been diligent about keeping our stress levels low, once hormone changes kick in, things can feel really overwhelming.

As always, prevention is best, so in our 30's and 40's we need to be mindful of stress levels, anxiety, triggers and trauma. Antidepressants and anti anxiety meds are often over prescribed during this time period and often do not help.

It's important to work with a coach or therapist to make sure the root and underlying causes of stress & anxiety are treated.

@Coach_KatieK

Self-Care & Lifestyle

As we age, our daily habits matter more - what we do now will greatly affect the quality of our lives in the future.

Creating healthy self-care habits and lifestyle changes in your 30's and 40's makes a huge difference in how you spend your 60's, 70's and 80's.

Prioritize:

- Getting quality sleep & rest
- Mindfulness, meditation, breathwork
- Movement including yoga/stretching, walking & strength training
- Nutrition and eating whole foods
- Minimizing alcohol

@Coach_KatieK

Medical Support

Finding the right kind of Doctor is very important in your peri & menopause journey.

This can be daunting and becoming established with someone who will take the time to get to know you, your health history, your worries and your goals should be non-negotiable.

I have found an Osteopath who provides this type of well rounded care. If your current Doc is unwilling to provide this type of support, advocate for yourself and do not be afraid of finding a new Doc.

If time is tight and your symptoms are causing stress, there are also helpful tele-doc options available and they will prescribe HRT as needed.

@Coach_KatieK

Medical Support

Consider:

- Finding Doctor's including Osteopaths for a full body picture
- Dutch Test for testing hormone levels
- Cycle Syncing & Tracking
- Symptom Tracking
- Supplements based on blood work & other testing
- Long term plan including the option for HRT

@Coach_KatieK

PERIMENOPAUSE STARTER CHECKLIST

- START PREVENTION CARE IN YOUR 30'S
- PRIORITIZE YOUR MENTAL HEALTH, WORK WITH A THERAPIST OR COACH TO ELIMINATE TRIGGERS & STRESS
- CREATE DAILY HEALTHY SELF-CARE HABITS THAT SOOTHE & STRENGTHEN YOUR NERVOUS SYSTEM
- INCORPORATE WEEKLY MOVEMENT, INCLUDING STRENGTH TRAINING & STRETCHING
- BECOME FAMILIAR WITH YOUR CYCLE & CYCLE SYNC YOUR SCHEDULE
- FIND AND ESTABLISH YOURSELF WITH A DOCTOR WHO IS ON BOARD WITH A LONG TERM HORMONE PLAN INCLUDING HRT.

@COACH_KATIEK

Let's Chat!

If you're ready to dive into your mid-life mayhem hormonal journey, let's begin!

Here are a few ways I can support you:

- 1-1 Coaching (various packages available)
- VIP Day - spend a whole day with me while we set up your 1-3 month health optimization plan AND enjoy a free stay at a beautiful Orlando Air Bnb
- Key West Women's Retreat - 1/17-1/20 MLK Weekend

Let's chat and discuss what option might be best for you:

[set up your call](#)

@Coach_KatieK