



Chaos to Calm: The Hormone Reboot

Guide for Women in
Perimenopause

STERLING STEPHANSEN
THE HORMONE HAVEN



Welcome

The Hormone Haven

Welcome to your free perimenopause guide!

Hey, I'm Sterling, a hormone health coach and a fellow victim of hormonal chaos.

I created this free guide because too many women are told their symptoms are 'normal' or 'just aging.'

You deserve real answers - and real relief.

What is Perimenopause



Perimenopause can begin as early as your late 30s and last 4-10 years before menopause.

It's a hormonal transition marked by fluctuating estrogen and progesterone, not a decline.

It affects your mood, cycle, metabolism, sleep, and more.

20 Sneaky Symptoms of Hormone Imbalance

Fatigue
Brain fog
Weight gain
Anxiety
Cravings
Insomnia
Heavy or irregular periods
Low libido
Hair thinning
Night sweats
Bloating
Joint pain
Skin changes
Breast tenderness
Low motivation
Worsened PMS
Feeling overwhelmed
Blood sugar crashes
Puffiness
A General sense of imbalance.



Why Traditional Fixes Often Don't Work

You might be offered birth control, antidepressants, or told your labs are 'normal.'

But these don't treat the root cause.

Perimenopause affects your entire body - nervous system, gut, adrenals, and hormones.

What Your Body Needs Now

- Balanced blood sugar with protein and fiber
- Nervous system support (daily calming practices)
- Better sleep routines
- Strength training (not excessive cardio)
- Gentle detox through gut and liver support
- Hormone-smart nutrition



What to Start Doing Today



- Eat within 60 minutes of waking
- Add 20-30g of protein per meal
- Avoid caffeine after 11am
- Get morning sunlight
- Try 5-minute breathwork
- Start tracking your symptoms

Free Tools

Use the included Symptom Tracker and Daily Reset Checklist to begin noticing patterns and supporting your body with intention.

Need More Support?

If you're ready to go deeper, join my hormone coaching program or book a free consultation.

Let's help you feel like yourself again.

www.TheHormoneHaven.com

312-625-7052

TheHormoneHavenHolistic@gmail.com



Hormone Imbalance Symptom Checklist

- ☐ Fatigue or low energy
- ☐ Brain fog or forgetfulness
- ☐ Mood swings or irritability
- ☐ Anxiety or low mood
- ☐ Trouble sleeping or staying asleep
- ☐ Irregular or heavy periods
- ☐ Weight gain, especially around the belly
- ☐ Cravings for sugar or carbs
- ☐ Night sweats or hot flashes
- ☐ Low libido
- ☐ Hair thinning or shedding
- ☐ Dry skin or breakouts
- ☐ Bloating or digestive issues
- ☐ Breast tenderness
- ☐ Joint pain or body aches
- ☐ Feeling easily overwhelmed
- ☐ Blood sugar crashes or dizziness
- ☐ Increased sensitivity to stress
- ☐ Swelling or puffiness
- ☐ Feeling like something's 'off'

Daily Hormone Reset Checklist

- ☐ Ate a protein-rich breakfast within 60 minutes of waking
- ☐ Drank water before coffee
- ☐ Moved my body gently (walk, stretch, strength, etc.)
- ☐ Got 5–10 minutes of natural light before noon
- ☐ Practiced 5 minutes of deep breathing or mindfulness
- ☐ Ate balanced meals (protein + fat + fiber)
- ☐ Took hormone-supportive supplements/herbs (if using)
- ☐ Took a break from screens/digital input
- ☐ Set or honored one boundary today
- ☐ Did something that brought joy or calm
- ☐ Unwound with a sleep-supportive bedtime routine