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# WTF is Happening with My Hormones!?

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# Perimenopause 101: What's Happening to My Body?

A gentle guide to understanding the big changes—and how to navigate them with clarity and confidence.

## What Is Perimenopause?

Perimenopause is the natural transition phase leading up to menopause, when your ovaries begin to slow down hormone production—especially estrogen and progesterone. It usually begins in your mid-to-late 30s or 40s, and can last anywhere from 2 to 10+ years.

This isn't something going wrong in your body—it's a powerful, biological shift. But the rollercoaster of hormonal changes can leave you feeling confused, frustrated, or even like a stranger to yourself.





## Why Hormones Shift in Perimenopause

Your ovaries don't stop functioning overnight. During perimenopause, estrogen fluctuates wildly—sometimes spiking, other times dropping—while progesterone slowly declines, often due to less frequent ovulation. These imbalances can trigger a wide range of symptoms.

# COMMON SYMPTOMS OF PERIMENOPAUSE



## YOU MIGHT NOTICE:

- IRREGULAR PERIODS (SHORTER, LONGER, HEAVIER, LIGHTER—OR SKIPPED ENTIRELY)
- HOT FLASHES OR NIGHT SWEATS
- MOOD SWINGS, ANXIETY, OR IRRITABILITY
- SLEEP ISSUES OR MIDDLE-OF-THE-NIGHT WAKEUPS
- BRAIN FOG OR DIFFICULTY FOCUSING
- FATIGUE, ESPECIALLY IN THE AFTERNOON
- WEIGHT GAIN OR BLOATING
- DECREASED LIBIDO OR VAGINAL DRYNESS
- BREAST TENDERNESS
- INCREASED PMS-LIKE SYMPTOMS

EVERY WOMAN'S EXPERIENCE IS UNIQUE—AND THE INTENSITY CAN VARY FROM MONTH TO MONTH.

# When Does Perimenopause Happen?

Most women enter perimenopause between ages 35-50. You are officially in menopause once you've gone 12 full months without a period.



# What You Can Do to Feel Better

**Here's the good news:  
you're not powerless.**

Supporting your body through this season is absolutely possible—and it doesn't always require medication.

Simple changes in your daily rhythms can help restore balance:

- **Nutrition:** Focus on blood sugar balance, anti-inflammatory foods, and hormone-supportive nutrients.
- **Movement:** Gentle, consistent movement helps regulate cortisol and supports mood.
- **Sleep:** Prioritize sleep hygiene—your hormones reset while you rest.
- **Stress Reduction:** Chronic stress = hormonal chaos. Make space for nervous system care.
- **Track Your Cycle + Symptoms:** Knowing your patterns is the first step to creating change.



# You're Not Alone

Perimenopause has long been ignored or misunderstood in mainstream healthcare. But you deserve support, answers, and validation. This is a season of powerful transformation, and you don't have to go through it blindly.





# You Don't Have to Navigate This Alone.

Perimenopause can feel confusing, frustrating, and even isolating—but you don't have to figure it all out by yourself.

If you're ready to go beyond information and get real, personalized support...I'm here to help.

**As a Certified Hormone Health Coach, I work with women in midlife to:**

- Understand what's happening in their bodies
- Support their hormones naturally
- Rebuild energy, clarity, and confidence
- Create real change with simple, doable steps



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# Ready to feel more like yourself again?

**Here's how to take the next step:**

Visit my website: [www.thehormonehaven.com](http://www.thehormonehaven.com)

Book a free discovery call

Explore coaching options + resources

**Stay connected:**

Follow me on Instagram for daily tips, hormone-friendly recipes, and real talk: **@The.Hormone.Haven**

You're not broken.

This is a transition—not a decline.

Let's help your body work with you, not against you.

– Sterling Stephansen  
The Hormone Haven

# Perimenopause

## Power Plates

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**BONUS**

# Breakfast: Hormone-Supportive Power Bowl

## Ingredients:

- 2 pasture-raised eggs
  - (or  $\frac{1}{2}$  cup tofu scramble)
- $\frac{1}{2}$  avocado, sliced
- 1 cup sautéed leafy greens
  - (like spinach or kale)
- $\frac{1}{2}$  cup roasted sweet potato
- Sprinkle of pumpkin seeds



## Why it works:

Provides healthy fats, protein, and fiber to stabilize blood sugar and support estrogen metabolism.

# Optional Morning Add-on: Adaptogenic Latte

## Ingredients:

- Unsweetened almond milk or oat milk
- 1 tsp maca powder
  - (supports libido & energy)
- Dash of cinnamon (blood sugar control)
- Optional: 1 tsp collagen or protein powder



# Lunch: Anti-Inflammatory Salmon Salad (or Chickpea Option)

## Ingredients:

- Wild-caught salmon
  - (or  $\frac{3}{4}$  cup chickpeas for plant-based option)
- 2–3 cups mixed greens
- Cherry tomatoes, cucumber, grated carrot
- Olive oil + lemon vinaigrette
- $\frac{1}{4}$  avocado
- Sprinkle of flax or chia seeds

## Why it works:

Omega-3s in salmon help reduce inflammation and support hormone production. Fiber in veggies helps detox excess estrogen.



# Afternoon Snack

## Option 1:

- 1 boiled egg +  $\frac{1}{4}$  cup hummus + cucumber slices

## Option 2 (Plant-Based):

- 1 rice cake with almond butter and cinnamon

## Why it works:

Keeps energy stable, supports adrenal health with protein and healthy fat.



# Dinner: Blood Sugar-Balancing Stir-Fry

## Ingredients:

- 3–4 oz organic chicken or tempeh
- 1 cup broccoli
- $\frac{1}{2}$  cup bell peppers
- $\frac{1}{2}$  cup zucchini or carrots
- 1 tsp grated ginger + garlic
- Coconut aminos or tamari for sauce
- Serve over  $\frac{1}{2}$  cup cooked quinoa or cauliflower rice

## Why it works:

Protein + fiber + minerals support thyroid health, reduce bloating, and feed your liver for better hormone detox.



# Optional Evening Support

## Bedtime Tea:

- Chamomile or lemon balm
- Optional: Add a few drops of magnesium glycinate
  - (if using liquid)



# Key Nutrients Covered:

- Protein: Repairs tissues, stabilizes blood sugar
- Healthy Fats: Hormone production, brain support
- Fiber: Detox excess estrogen
- Micronutrients: Magnesium, B6, Zinc, Selenium, Omega-3s

