

SCIENCE MEETS SERENITY

Perimenopause Reset

A science-backed guide to navigating
perimenopause with clarity, strength, and calm



Welcome

Tired, moody, snapping at everyone in your life, and wondering why your stubborn weight won't budge? Yeah... you're not imagining it. Perimenopause can hit in your late 30s or 40s, turning hormones into a chaotic cocktail that messes with your metabolism, mood, sleep, and energy.

The good news? You can take back control. With the right strategies, you can:

- Calm the irritability, mood swings, and energy crashes
- Support weight loss and kick your metabolism into gear
- Finally feel like yourself again—without losing your mind in the process

This guide is practical, no-nonsense, and designed to give you tools that actually work. Track your symptoms, tweak your habits, and make small changes that pack a noticeable punch.

It's time to stop surviving perimenopause and start thriving—yes, even if it feels like your hormones are staging a rebellion.

Let's do this.

- Jackie



jackie schwanger
coaching

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Your 3 Pillars to Thrive

Take control, feel like yourself again, and thrive with these three pillars

1. Hormonal Awareness

Track your cycles and symptoms. Spot patterns that affect energy, mood, cravings, and weight. Understanding your body is power—and the first step to managing perimenopause symptoms.

2. Lifestyle Foundations

Fuel, move, reset.

- Balanced meals with protein, fiber, and healthy fats to support metabolism and stabilize hormones
- Strength & mobility 3–4x/week to burn fat, build muscle, and boost energy
- Quick stress resets: breathe, stretch, walk—stress impacts both weight and symptoms



3. Mindset & Habits

Small, consistent wins compound. Track progress, celebrate improvements in energy, mood, and weight, and build habits that keep symptoms in check for the long term.

These three pillars are the foundation I've used to rebuild my energy, balance my hormones, and reclaim confidence. Start small, build momentum—it's about consistency and self-kindness, not perfection.

Hormone-Friendly Foods

Nutrition – Nourish Your Body, Fuel Your Life

Top 5 Foods:

1. Fatty fish – Salmon or sardines for omega-3s
2. Leafy greens – Spinach, kale, or bok choy for magnesium & fiber
3. Berries – Antioxidants for brain, skin & energy
4. Avocado – Healthy fats for hormone stability
5. Nuts & seeds – Protein, minerals & essential fats

Quick Swaps:

- White bread → Sprouted grain toast
- Sugary snacks → Dark chocolate, berries, or nut butter



Simple Plate Method:

- ½ plate vegetables
- ¼ plate lean protein
- ¼ plate whole carbs + healthy fats

Real-Life Tip:

Don't stress about perfection. I often pair a handful of nuts + fruit while cooking dinner—simple, nourishing, and doable.



Mini Home Routine

Movement – Strength That Feels Good

Evidence shows that targeted strength and movement preserve muscle, support metabolism, and stabilize hormones during perimenopause.



Exercises:

- Squats x 12
- Push-ups x 10 (modify as needed)
- Glute bridges x 12
- Bird dogs x 10 per side

Repeat set 2 more times

Standing stretch or deep breaths – 2 min



Tip:

Focus on moves that make you feel strong and capable, not exhausted. Consistency > intensity.

Extra Tip:

Pair movement with music or a sunny window—movement should feel like a treat, not a chore.

Daily Practices

Mindset – Calm, Clarity & Confidence

Journaling Prompts:

1. What small win can I celebrate today?
2. What's one thing I can do to honor my energy?
3. How do I want to feel at the end of this day?

Mini Meditations (2–5 min):

- Focus on breath or body sensations

Affirmations:

- "I am strong, capable, and thriving."
- "I honor this stage of life with grace and confidence."

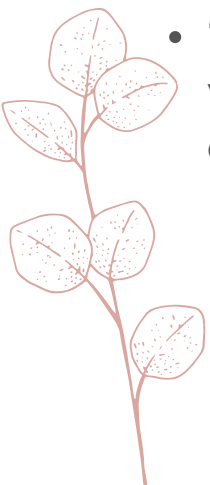


Stress-Busting Tips:

- 5-min deep breathing breaks
- 10-min mindful walk
- Gratitude or visualization practice before bed

Real-Life Tip:

I often take 2-min while brewing coffee to list three things I'm grateful for—a simple, powerful ritual that sets the tone for my entire day without extra time.



Knowing When to Reach Out

When to Seek Professional Help

While this guide offers practical, science-backed ways to thrive during perimenopause, some symptoms deserve professional attention. Seek your doctor or a qualified health professional if you experience:



- Sudden or severe changes in menstrual bleeding
- Intense or worsening hot flashes, night sweats, or sleep problems
- Unexpected weight changes or rapid fatigue
- Persistent mood changes or anxiety that interfere with daily life
- Any new or concerning symptoms

Five Day Challenge

Take 5 days to reset, reconnect, and reclaim your energy. Each day focuses on one simple, actionable step aligned with the 3 Pillars.

Day 1

Hormonal Awareness

- *Track your energy, mood, and symptoms throughout the day. Spot patterns and gain clarity on what's affecting you.*

Day 2

Nutrition Boost

- *Add one protein-rich meal or snack. Fuel your body, stabilize energy, and support hormones.*

Day 3

Movement Reset

- *Move for 15–20 minutes: strength, mobility, or stretching. Wake up your muscles and boost mood.*

Day 4

Stress & Mindset

- *Take 5 minutes to breathe, meditate, or go for a short walk. Reset your mind and lower stress.*

Day 5

Reflect & Celebrate

- *Journal one win from the week and one habit to keep. Celebrate progress—you've earned it!*

What Clients Are Saying



"Jackie made me feel like I was one of her family. I really enjoy working with her on my health. She is a phenomenal caregiver."



"I don't think I have ever been treated so kindly and with such respect, kindness and concern."



"She is exceptional. Not just very good, but as good as possible."



"She was absolutely wonderful. Made sure I understood her suggestions and I followed through with them. She was caring and considerate."



"I truly appreciate her. She was loving and caring. We need more like her in this world."



"She is great. Personable and knowledgeable, concerned and efficient."



Ready to Thrive?



"I didn't feel like myself"

At 39, I started feeling completely off—no energy, crashing after work, snapping at my kids and husband over nothing. The anxiety, the overwhelm, the days I could barely get out of bed... I didn't feel like myself at all. After learning these were signs of perimenopause (yes, it really can start in your late 30s), I committed to consistent movement, real self-care, and nourishing my body. Now I feel strong, clear, energized—**and finally like myself again.**

If you're ready to go deeper, I'd love to guide you personally. Through elite, science-backed coaching, we'll build a plan tailored to you—so you can lose stubborn weight and feel clear and in control every day.

[Book a free phone consult today!](#)

- Jackie

