

NAVIGATING PERI-MENOPAUSE & BEYOND: THE METABOLIC CONNECTION

Your metabolic health determines your menopause experience.

PARALLEL SYMPTOMS: A CRY FOR HELP

METABOLIC DYSFUNCTION



Brain Fog



Fatigue



Hot Flashes

PERIMENOPAUSE



Brain Fog



Fatigue



Hot Flashes

THE VICIOUS TRIAD OF DYSFUNCTION

VISCERAL
FAT

INSULIN
RESISTANCE

SARCOPENIA
(muscle loss)

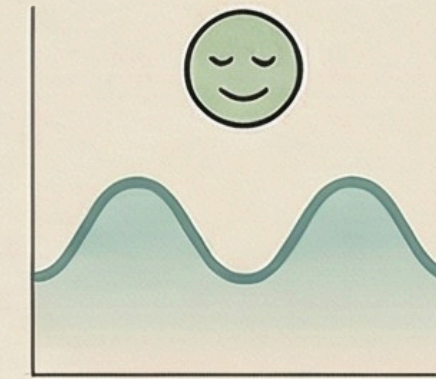
Self-reinforcing cycle that
accelerates aging.

INSULIN PREDICTS SYMPTOMS BETTER THAN BMI

SWAN study: Fasting insulin levels
at age 47 are a **SUPERIOR** predictor
of hot flashes than body weight.

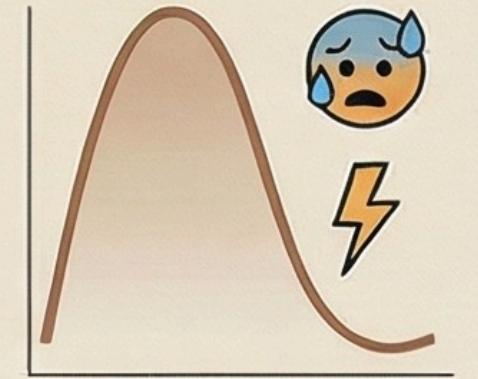
THE BLOOD SUGAR ROLLERCOASTER

STABLE CURVE



Consistent Energy

HIGH SPIKE/CRASH



TRIGGER:
Hot Flashes & Anxiety

RECALIBRATE VIA RESET



RESTORE
(Nervous System)



EAT WELL



SLEEP



EXERCISE



TIMING

Use five levers to stabilize your metabolic engine.