

body whispers
perimenopause
lifestyle strategies



nourish functional health

Lifestyle Strategies: Reset the Terrain

Perimenopause doesn't require panic. It requires perspective. Your hormones are not breaking. They're recalibrating.

Estrogen and progesterone have been in rhythm for decades — and now that rhythm is shifting. When ovulation becomes less predictable, progesterone declines first. Estrogen fluctuates. The dance changes.

The symptoms that follow aren't random. They're feedback.

And here's the empowering part: how your body experiences this transition is deeply influenced by the terrain beneath it.

Hormones don't operate in isolation. They live inside a body shaped by gut health, mineral reserves, stress load, detox capacity, thyroid signaling, liver and blood sugar stability.

We don't just "balance hormones." We support the ecosystem they live in.

Your Hormone Story (Perimenopause Chapter)

From your first period, two main hormones have been running the show: estrogen (the builder, energiser, glow-giver) and progesterone (the calmer, balancer, nervous-system soother). Each month, estrogen rises to build and prepare; after ovulation, progesterone steps in to stabilise and soften. For years, they dance in rhythm.

Perimenopause begins not when estrogen disappears — but when ovulation becomes irregular. That means progesterone becomes inconsistent first, while estrogen can spike, dip, or surge unpredictably. It's the fluctuation, not just decline, that creates the whispers: lighter sleep, heavier bleeds, new anxiety, breast tenderness, shorter cycles, feeling "not quite yourself."

This isn't failure. It's transition.

And here's something powerful: many indigenous and traditional cultures do not report the same dramatic menopausal suffering common in Western societies. Why? Because the body's terrain — gut health, mineral status, liver detoxification, adrenal resilience, thyroid function, and blood sugar stability — profoundly shapes how hormonal shifts are experienced.

We don't just manage hormones. We support the ecosystem they live in.

Softening the Transition: Support the Terrain

If the terrain is resilient, the transition feels steadier. If the terrain is inflamed, depleted, or overloaded, hormone fluctuations feel louder.

Perimenopause is not something to "survive."

It's a recalibration. When we stabilize blood sugar, nourish minerals, reduce stress load, support detox pathways, and rebuild resilience — hormone fluctuations soften.

In the next section, we'll explore the subtle body whispers of perimenopause — and how to respond before they become screams.

Action Step: Clean Up The Diet – Support Check

Food is information. Every meal either supports hormone signaling or adds to metabolic stress. Ultra-processed foods, refined sugars, industrial seed oils, and heavily packaged products provide little nutritional value while increasing inflammatory load, blood sugar instability, and detox burden. Over time, this strains the liver, disrupts insulin signaling, depletes minerals, and amplifies hormone fluctuations.

Before adding supplements or advanced protocols, stabilizing the dietary foundation is often the first and most powerful step. Whole, nutrient-dense foods supply the protein, fiber, minerals, and phytonutrients required for estrogen clearance, progesterone buffering, thyroid conversion, adrenal resilience, and metabolic efficiency.

Balancing the body always begins with removing what is working against it.

Body Whispers Noticed

- Frequent afternoon sleepiness
- Brain fog
- Midsection weight gain
- Increased inflammation, puffiness
- Acne or worsening skin texture
- Irregular bowel movements
- Strong late-night snacking urges
- Mood dips after high-sugar meals
- Persistent bloating

Weekly Support Actions

- Reduced ultra-processed foods
- Limited added sugars
- Prioritized whole-food protein sources
- Included vegetables at most meals
- Chose healthy fats (olive oil, avocado, seafood)
- Read ingredient labels before purchasing

Weekly Support Scale (circle one):

Under-supported 1 – 2 – 3 – 4 – 5 Fully supported

Additional Supportive Resources

- Ditch & Switch Cheat Sheet, [here](#)
- Blog: Importance-Good Nutrition, [here](#)
- Blog: GMO & Glyphosate, [here](#)
- Blog: Let's Talk About Gluten, [here](#)
- Cheat Sheet: Eat the Rainbow, [here](#)
- Cheat Sheet: AIP Diet, [here](#)
- Cheat Sheet: Nutrient Density, [here](#)
- Cheat Sheet: Sugar Detox Tips, [here](#)

Functional Lab Insights

- HTMA: Hair Minerals & Metals, [here](#)
- OAT (organic acids test), [here](#)
- Glyphosate exposure, [here](#)
- Gut Health Testing, [here](#)
- Food Sensitivity Zoomers, [here](#)
- Am I Gluten Sensitive? [here](#)

Cumulative Effect: Because hormones operate within an interconnected system, supporting one area—like gut, liver, stress, or blood sugar—creates ripple effects across the entire hormonal landscape.



Action Step: Mineral Balance – Support Check

Minerals are the electrical foundation of hormone signaling. They regulate adrenal resilience (Na/Mg), thyroid (Ca/K), and blood sugar stability (Ca/Mg). They also support stomach acid production, bile flow, neurotransmitter synthesis, skin integrity, and nervous system regulation.

They are critical for gut health and metabolic potential. Magnesium supports motility and regular elimination. Zinc supports stomach acid and digestive enzyme production. Sodium and potassium influence cellular energy and hydration. When mineral reserves are low, digestion weakens, estrogen clearance slows, and metabolic efficiency drops. This directly affects how well your body produces energy, buffers stress, clears hormones, and maintains resilience during perimenopause.

In this phase of life, stress, sleep disruption, blood sugar swings, and fluctuating estrogen can increase mineral demand. When reserves are depleted, cortisol becomes more reactive, thyroid signaling slows, gut function weakens, and overall metabolic capacity feels reduced. Supporting mineral balance strengthens the terrain beneath every hormone pathway – adrenal, thyroid, liver, gut, brain, and metabolism.

Body Whispers Noticed

- Salt cravings
- Muscle tension or tight jaw
- Eye twitching
- Restless legs
- Heart palpitations
- Poor sleep
- Constipation
- Brittle hair or dry skin
- Feeling wired or easily overstimulated
- Energy that feels unstable

Weekly Support Actions

- Added mineral-rich salt to meals
- Included pumpkin seeds or nuts
- Consumed mineral-rich foods (seafood, beans, root vegetables)
- Hydrated with electrolytes
- Took magnesium (if appropriate)

Weekly Support Scale (circle one):

Under-supported 1 – 2 – 3 – 4 – 5 Fully supported

Additional Supportive Resources

- Ditch & Switch Cheat Sheet, [here](#)
- Blog: HTMA - Game Changer, [here](#)
- Blog: High Iron, Low Iron, [here](#)
- Blog: Strength of Minerals, [here](#)
- Blog: Mineral Rich Elixirs, [here](#)
- Cheat Sheet: Minerals Matter, [here](#)
- Cheat Sheet: Minerals & Mental Health, [here](#)
- Cheat Sheet: Mineral Rich Elixirs, [here](#)

Functional Lab Insights

- HTMA: Hair Minerals & Metals, [here](#)
- OAT (organic acids test), [here](#)

Cumulative Effect: Because hormones operate within an interconnected system, supporting one area—like gut, liver, stress, or blood sugar—creates ripple effects across the entire hormonal landscape.



Action Step: Ditch & Switch – Toxic Load Check

Hormones don't operate in isolation. Estrogen is processed through the liver and eliminated through bile and the gut. Everyday exposures — plastics, synthetic fragrances, pesticides, alcohol, ultra-processed foods, and mold — increase the body's detox burden.

When these pathways are overloaded, estrogen clearance becomes less efficient, inflammatory signaling rises, and hormone fluctuations can feel louder.

Lowering toxic load reduces background stress on the liver and gut, supports smoother hormone metabolism, and allows estrogen and progesterone signaling to function more predictably.

This is not about perfection — it's about reducing the daily hormone disruptors that quietly compete with your endocrine system.

Body Whispers Noticed

- Symptoms worsen after alcohol
- Breast tenderness or heavier bleeding
- Headaches around cycle
- Increased PMS
- Chemical sensitivity (fragrance, cleaners)
- Skin flare-ups or unexplained rashes

Weekly Support Actions

- Switched to glass or stainless steel for food/water
- Reduced or avoided synthetic fragrances
- Filtered drinking water
- Chose organic for high-pesticide produce
- Reduced alcohol
- Limited ultra-processed foods

Weekly Support Scale (circle one):

Under-supported 1 – 2 – 3 – 4 – 5 Fully supported

Additional Supportive Resources

- Ditch & Switch Cheat Sheet, [here](#)
- Blog: Toxic Skincare, [here](#)
- Blog: Toxic Cookware, [here](#)
- Blog: Toxic Load, [here](#)
- Blog: GMO & Glyphosate, [here](#)
- Shop: Suggestive options to support lowering your toxic load, [shop here](#)

Functional Lab Insights

- HTMA: Hair Minerals & Metals, [here](#)
- MycoTOX Profile (mold), [here](#)
- ToxDETECT (everyday toxins), [here](#)
- Glyphosate exposure, [here](#)
- Toxic free air & water resource, [here](#)
- Home Mold Screening test, [here](#)
- OAT (organic acids test), [here](#)

Cumulative Effect: Because hormones operate within an interconnected system, supporting one area—like gut, liver, stress, or blood sugar—creates ripple effects across the entire hormonal landscape.



Action Step: Love Your Liver – Support Check

The liver is the central processing unit for your hormones. Every day, it metabolizes estrogen, progesterone, cortisol, thyroid hormones, and more — converting them into forms that can be safely eliminated through bile and the gut. This process happens in phases, and it requires adequate nutrients, healthy bile flow, and steady energy supply.

When liver detox pathways are sluggish or overloaded — from alcohol, medications, environmental toxins, chronic stress, or inflammatory foods — hormones may not be cleared efficiently. Instead of exiting the body, they can recirculate. That recirculation can amplify symptoms at every stage of life, from PMS and heavy cycles to perimenopausal mood swings and headaches.

Supporting liver function helps maintain smoother hormone metabolism, steadier signaling, and less inflammatory backflow. When the liver is functioning well, hormone transitions tend to feel more stable and less dramatic.

Body Whispers Noticed

- Breast tenderness
- Heavy bleeding
- Headaches around cycle
- Irritability before period
- Worsening symptoms after alcohol
- Chemical sensitivities
- Skin issues

Weekly Support Actions

- Ate bitter greens
- Drank ½ body weight in mineralized hydration
- Reduced or avoided alcohol
- Ate cruciferous vegetables
- Sweated through movement
- Prioritized sleep before 10pm

Weekly Support Scale (circle one):

Under-supported 1 – 2 – 3 – 4 – 5 Fully supported

Additional Supportive Resources

- Ditch & Switch Cheat Sheet, [here](#)
- Blog: Toxic Skincare, [here](#)
- Blog: Toxic Cookware, [here](#)
- Blog: Toxic Load, [here](#)
- Cheat Sheet: Liver Nutrients, [here](#)
- Cheat Sheet: Blood Sugar Balance, [here](#)

Functional Lab Insights

While there are not an abundant ways to directly access a sluggish liver. Symptoms can bring good insight as well as the following:

- HTMA: Hair Minerals & Metals, [here](#)
- Dutch Complete, [here](#)
- OAT (organic acids test), [here](#)
- Gut Health Testing, [here](#)
- Various blood lab markers



Action Step: Gut Support – Support Check

Your gut is a critical regulator of hormone balance. After the liver processes estrogen (Phase I and Phase II detox), Phase III happens through bile and stool. If bowel movements are sluggish or inconsistent, estrogen can be reabsorbed and recirculated instead of eliminated. This recirculation can amplify PMS, breast tenderness, heavier bleeding, and mood shifts.

The gut microbiome — specifically the estrobolome — also plays a direct role in estrogen metabolism. Certain bacteria produce enzymes (like beta-glucuronidase) that determine whether estrogen is cleared or recycled. When the microbiome is imbalanced, estrogen signaling can become louder and less predictable.

Supporting gut health improves estrogen clearance, reduces inflammatory signaling, stabilizes blood sugar, and strengthens the entire hormonal ecosystem. This is one of the most powerful cumulative leverage points in perimenopause.

Body Whispers Noticed

- Bloating
- Constipation (less than 1 easy bowel movements daily)
- Loose stools
- PMS worsening
- Skin flare-ups
- Strong sugar cravings

Weekly Support Actions

- Ate fiber-rich plants daily
- Included fermented food 3x this week
- Chewed meals slowly
- Drank enough water
- Prioritized regular bowel movements

Weekly Support Scale (circle one):

Under-supported 1 — 2 — 3 — 4 — 5 Fully supported

Additional Supportive Resources

- Ditch & Switch Cheat Sheet, [here](#)
- Blog: Leaky Gut, Now What? [here](#)
- Blog: Let's Talk about Gluten, [here](#)
- Blog: Drama Triangle, [here](#)
- Blog: GMO & Glyphosate, [here](#)
- Blog: Digestive Health, [here](#)

Functional Lab Insights

- The Gut Detective, [here](#)
- HTMA: Hair Minerals & Metals, [here](#)
- OAT (organic acids test), [here](#)
- Glyphosate exposure, [here](#)
- Gut health Test, [here](#)

Cumulative Effect: Because hormones operate within an interconnected system, supporting one area—like gut, liver, stress, or blood sugar—creates ripple effects across the entire hormonal landscape.



Action Step: Nourish Adrenal- Support Check

As perimenopause progresses, ovulation becomes less consistent, which means progesterone production becomes less reliable. During this transition, the adrenals act as a backup support system for hormone balance — they help buffer stress physiology and contribute to the body's overall steroid hormone output (including precursors that feed into sex hormone pathways).

When adrenal resilience is strong, the hormonal transition tends to feel steadier.

When adrenal output is strained, symptoms often feel louder.

High stress, poor sleep, blood sugar swings, under-eating, and over-exercising can all drain this system. Supporting the adrenals helps stabilize cortisol rhythms, protect sleep, and improve stress tolerance — which indirectly supports more stable hormone signaling throughout perimenopause.

Body Whispers Noticed

- Wired but tired
- Blood sugar dysregulation
- 3am waking
- New anxiety
- Afternoon crash
- Short fuse
- Overwhelm from small things

Weekly Support Actions

- Natural light exposure - upon waking
- Ate protein within 60 minutes of waking
- Did not skip meals
- Daily nervous system support
- Strength trained 2-3x (based on metabolic reserve)
- Watch sunset
- Sleep before 10pm

Weekly Support Scale (circle one):

Under-supported 1 — 2 — 3 — 4 — 5 Fully supported

Additional Supportive Resources

- Ditch & Switch Cheat Sheet, [here](#)
- Cheat Sheet: Vagal Tone, [here](#)
- Cheat Sheet: Adrenal Cocktails, [here](#)
- Cheat Sheet: Circadian Rhythm, [here](#)
- Cheat Sheet: Sleep Challenge, [here](#)
- Cheat Sheet: Lower EMF, [here](#)
- Cheat Sheet: Blood Sugar Balance, [here](#)

Functional Lab Insights

- HTMA: Hair Minerals & Metals, [here](#)
- Dutch Complete, [here](#)
- Sleep & Adrenals, [here](#)
- ToxDETECT (everyday toxins), [here](#)
- Various blood lab markers

Cumulative Effect: Because hormones operate within an interconnected system, supporting one area—like gut, liver, stress, or blood sugar—creates ripple effects across the entire hormonal landscape.



Action Step: Optimize Thyroid- Support Check

The thyroid is the metabolic communicator of the body. It regulates energy production, temperature, mood stability, hair and skin integrity, and how efficiently you burn fuel. Thyroid signaling is deeply intertwined with estrogen, progesterone, and cortisol — and subtle sluggishness during perimenopause can amplify fatigue, weight resistance, brain fog, and mood changes.

As estrogen fluctuates, thyroid-binding proteins shift, which can alter how much active thyroid hormone reaches your cells. At the same time, stress, mineral depletion, blood sugar instability, and under-eating can impair thyroid conversion (T4 to active T3).

When thyroid function is not well supported, hormone transitions feel heavier, slower, and more symptomatic. Supporting thyroid health helps stabilize energy, protect metabolism, improve mood clarity, and create a steadier foundation for hormonal recalibration.

Body Whispers Noticed

- Cold sensitivity
- Hair thinning
- Outer eyebrow thinning
- Unexplained fatigue
- Weight gain despite no major change
- Brain fog

Weekly Support Actions

- Natural light exposure - upon waking
- Ate protein within 60 minutes of waking
- Did not skip meals
- Ate adequate protein
- Avoided chronic under-eating
- Managed stress load
- Included seafood weekly
- Sought testing if symptoms persist

Weekly Support Scale (circle one):

Under-supported 1 — 2 — 3 — 4 — 5 Fully supported

Additional Supportive Resources

- Ditch & Switch Cheat Sheet, [here](#)
- Blog: Thyroid Optimization, [here](#)
- Blog: Toxic Cookware, [here](#)
- Blog: Toxic Load, [here](#)
- Blog: GMO & Glyphosate, [here](#)
- Shop: Suggestive options to support lowering your toxic load, [shop here](#)

Functional Lab Insights

- HTMA: Hair Minerals & Metals, [here](#)
- Thyroid Optimization, [here](#)
- Thyroid Blood Labs (at home), [here](#)
- ToxDETECT (everyday toxins), [here](#)
- Gut Health Test, [here](#)
- The Gut Detective, [here](#)
- OAT (organic acids test), [here](#)

Cumulative Effect: Because hormones operate within an interconnected system, supporting one area—like gut, liver, stress, or blood sugar—creates ripple effects across the entire hormonal landscape.



Action Step: Balance Blood Sugar— Support Check

Blood sugar is one of the most powerful hormone stabilizers in perimenopause. Estrogen supports insulin sensitivity, while progesterone helps buffer stress-driven glucose swings.

When blood sugar rises and crashes rapidly, cortisol (your primary stress hormone) is released to compensate. Over time, repeated spikes and crashes strain the adrenals and amplify anxiety, sleep disruption, and mood swings.

The liver also plays a central role here. It stores and releases glucose between meals and is responsible for metabolizing both cortisol and estrogen. If blood sugar is unstable, the liver works harder, and hormone clearance can become less efficient. This is where the cumulative effect shows up — unstable blood sugar stresses the adrenals, burdens the liver, and makes hormone fluctuations feel louder.

Stabilizing blood sugar creates ripple benefits across cortisol regulation, liver function, thyroid signaling, and overall hormonal resilience.

Body Whispers Noticed

- Shaky when hungry
- Irritable before meals
- Strong carb cravings
- Energy crashes
- Sleep disruption after sweets
- Worsening anxiety after coffee

Weekly Support Actions

- Built meals around protein
- Paired carbs with fat/fiber
- Avoided coffee on an empty stomach
- Ate regularly & avoided skipping meals
- Walked after meals
- Began supporting circadian rhythm

Weekly Support Scale (circle one):

Under-supported 1 — 2 — 3 — 4 — 5 Fully supported

Additional Supportive Resources

- Ditch & Switch Cheat Sheet, [here](#)
- Blog: Importance-Good Nutrition, [here](#)
- Blog: Diabetes & Toxicants, [here](#)
- Blog: Sugar Cravings, [here](#)
- Cheat Sheet: Nutrient Density, [here](#)
- Cheat Sheet: Sugar Detox Tips, [here](#)
- Cheat Sheet: Circadian Rhythm, [here](#)

Functional Lab Insights

- HTMA: Hair Minerals & Metals, [here](#)
- OAT (organic acids test), [here](#)
- Gut health Test, [here](#)
- ToxDetect (everyday toxins), [here](#)
- Various blood lab markers

Cumulative Effect: Because hormones operate within an interconnected system, supporting one area—like gut, liver, stress, or blood sugar—creates ripple effects across the entire hormonal landscape.



Terrain is Supported – Now What?

Once the terrain is supported — gut steady, minerals replenished, blood sugar stable, liver clearance efficient, stress buffered — your body becomes more resilient.

Whether you choose to use bioidentical hormones or not, this foundation matters.

When detox pathways are functioning well and metabolic systems are balanced, the body is better prepared to receive hormones. Estrogen and progesterone are more likely to signal clearly, clear efficiently, and integrate smoothly — with less risk of exaggerated reactions or unintended side effects.

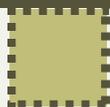
Hormones are powerful messengers. They work best in a body that's ready. Supporting the terrain first doesn't slow progress — it strengthens it.

Cumulative Effect: Because hormones operate within an interconnected system, supporting one area—like gut, liver, stress, or blood sugar—creates ripple effects across the entire hormonal landscape. There is no right order to implementing - goal is to make this part of your everyday lifestyle choices

Reset the Terrain – Action List



Clean Up the Diet



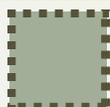
Optimize your Minerals



Implement Ditch & Switch



Support the Gut



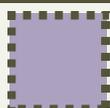
Love the Liver



Support the Adrenals



Optimize the Thyroid



Balance Blood Sugar