



As a woman who is going through this time herself, I hate the term *primale*

it strikes right to "we are old" and the best of our years are behind us. Let me reassure you - THIS IS NOT THE CASE!

Perimenopause can begin as early as our 30s and last 12 yrs + marking the transition from the reproductive years to full menopause.

But here's the good news—it doesn't have to be a difficult or overwhelming experience. We all navigate this phase differently, but there are countless natural ways to support your body through the transition. You can feel better than ever —yes, really!

AHHH, THE SYMPTOMS

With estrogen and progesterone levels fluctuating, the female body goes through all sorts of new changes and feelings.

Put on top, that this is usually the busiest time in a womans life...it can be overwhelming.

The Symptoms:

- Variants in temperature
- Mood swings
- Anxiety
- Sleep disturbance
- Loss of libido
- Brain fog
- Vaginal dryness
- Memory lapse
- Pain in joints
- Dry/itchy skin
- muscle ache





THE MOTHER HOMRONES FOR SLEEP, MOOD AND ENERGY LEVELS ARE

Serotonin, Vitamin D, Melatonin, Cortisol and Endorphins

all available from the help of the sun.

Take a break in the sun daily

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take some time to note how you feel						

BLOOD SUGAR LEVELS THROUGH A STEADY MORNING BREAKFAST ROUTINE is essential for hormone balance

Eat breakfast 30 min after waking up Have at least 30g of protein with good fats

get some recipe ideas together

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what breakfasts would you try								
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RESTORE YOUR VITALITY AND ZEST WITH ENSURING YOU get the most of your vitamin and minerals in daily

- Calcium Prevents bone loss and osteoporosis.
- Sources: Dairy, leafy greens, almonds, tofu, fortified foods.
- Magnesium Helps with sleep, mood, and bone health.
- Sources: Nuts, seeds, whole grains, dark chocolate.
- Vitamin B6 & B12 Supports mood regulation and energy.
- Sources: Poultry, fish, bananas (B6); eggs, dairy, meat (B12).
- Omega-3 Fatty Acids Reduces inflammation, supports brain and heart health.
- Sources: Fatty fish, flaxseeds, walnuts.
- Vitamin E Helps with hot flashes and skin health.
- Sources: Nuts, seeds, spinach, avocado.
- Zinc Supports immune function and hormone balance.
- Sources: Meat, shellfish, legumes, nuts.
- Iron Important if still experiencing heavy periods.
- Sources: Red meat, beans, spinach.
- Vitamin C Supports collagen production and immune function.
- Sources: Citrus fruits, bell peppers, strawberries.
- Probiotics Support gut health, which affects hormone regulation.
- Sources: Yogurt, kefir, fermented foods.



THIS IS JUST THE BASICS

of course, we are so much more as women and these are just the simple things we can do to help start us feeling better, along with moving our body, lifting weight to stop muscle loss and get our wake and sleep cycle regular it can aid in us moving into better health.

If you want to learn more, then head over to <u>thyme for nutrition</u>

A personal consultation with me will give you the tools and knowledge to help you in the transition, while provide you with meal plans, any functional testing you may want to investigate and support to ensure you implement your plan into daily life.

you can also find me on <u>Instagram</u>

Im here to support you, and transform it into the best time of your life

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