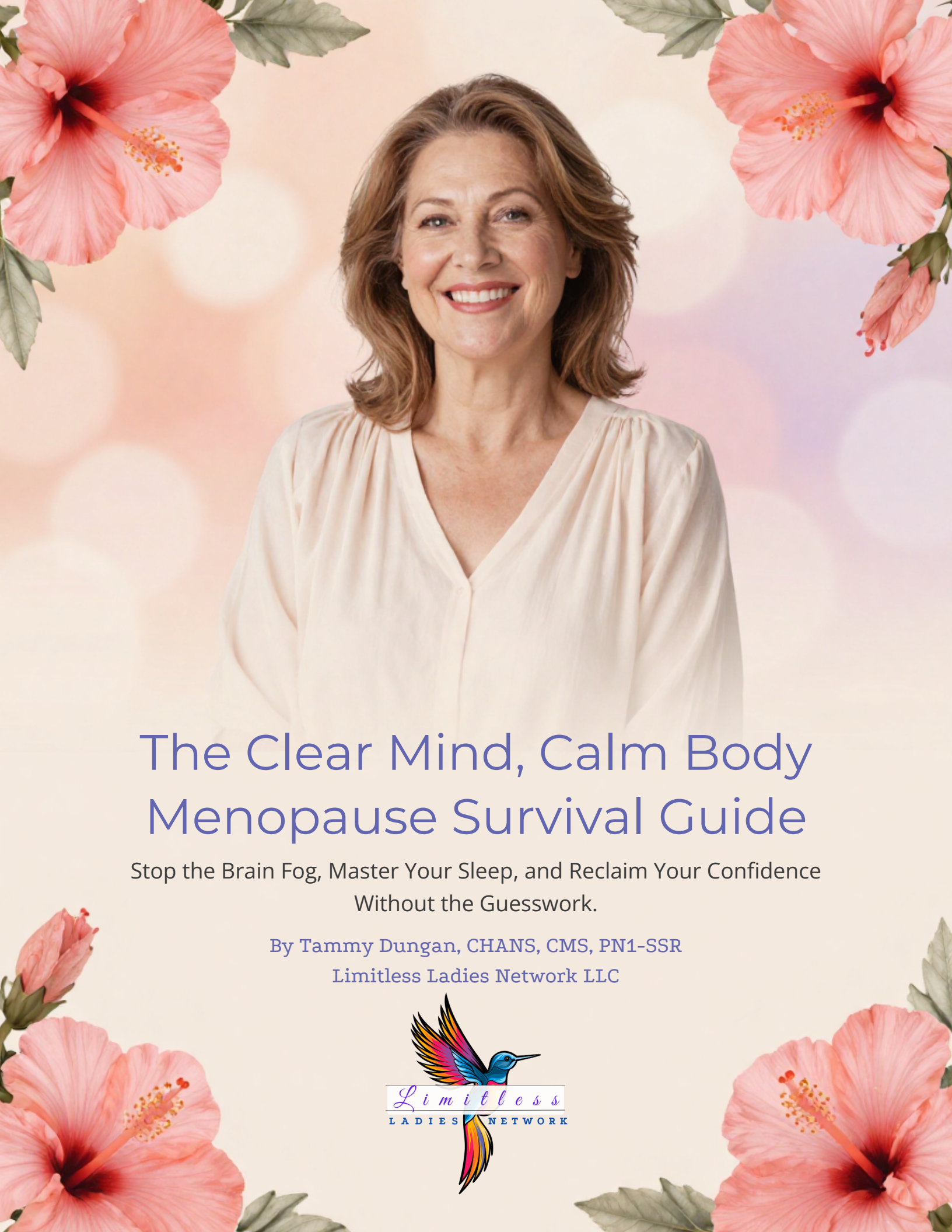




The Clear Mind, Calm Body Menopause Survival Guide

Stop the Brain Fog, Master Your Sleep, and Reclaim Your Confidence
Without the Guesswork.

By Tammy Dungan, CHANS, CMS, PN1-SSR
Limitless Ladies Network LLC



Welcome!

My name is Tammy Dungan, I am a Holistic Women's Wellness Trainer and the Founder of the Limitless Ladies Network LLC. I am happy to share this Menopause Survival Guide with you so you too can thrive each day!



ABOUT ME

After three years of suffering from debilitating Lyme Disease and Spondyloarthritis that landed me in a wheelchair, I implemented holistic nutrition and lifestyle changes to successfully regain my strength, mobility, and well-being.

My struggles empowered me to learn all I could so I could serve women suffering from similar afflictions, just like you!

During my long battle with Lyme Disease and Spondyloarthritis, menopause symptoms hit me hard, brain fog was a major issue and I felt like I was loosing my mind. Menopause exacerbated my symptoms and increased my stress.

You are not alone in this journey. This guide is here to help you manage the brain fog, advocate for your well-being, and ease the transition.

Tammy Dungan,

Founder, & Wellness Educator

Introduction

You Are Not Going Crazy

If you are reading this, you might have caught yourself mid-sentence, forgotten why you walked into a room, or felt like your brain is wrapped in cotton. You might be waking up tired despite "sleeping" all night.

Take a deep breath. You are not broken, and you are not losing your mind.

What you are experiencing is a biological reality called menopausal brain fog. It is driven by the fluctuation and eventual decline of estrogen, a hormone that is critical for brain function, memory consolidation, and sleep regulation. Studies show that up to 60% of women report cognitive changes during perimenopause and menopause.

This guide is your roadmap. We will give you actionable dietary and lifestyle fixes, and provide the tools you need to advocate for your health with medical professionals.

The Science of the Fog

Why is this happening?

Your brain has a cleaning system called the glymphatic system. It is most active while you sleep, flushing out toxins (like beta-amyloid) and consolidating memories. Think of it as your brain's "defrag" button.

The Estrogen Connection: Estrogen regulates the glymphatic system and the production of neurotransmitters like serotonin and acetylcholine, which are vital for focus and memory. When estrogen drops, this cleaning process is disrupted.

The Sleep Interrupter: Hot flashes and night sweats (vasomotor symptoms) wake you up, halting the glymphatic process. Chronic sleep fragmentation leads to the "drunk-like" feeling of brain fog.

The Long-Term Risk: Research indicates that women with frequent, persistent hot flashes have a significantly higher risk of developing Alzheimer's disease and cardiovascular issues later in life. This is why addressing symptoms now is a preventative health strategy.

Key Insight: Brain fog is often a symptom of sleep disruption caused by hormonal shifts, not a sign of permanent cognitive decline.

The MIND Diet for Brain Health

Fueling Your Brain

Diet plays a massive role in how your brain handles hormonal changes. The MIND Diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) is specifically designed to protect brain health and has been shown to reduce the risk of Alzheimer's by up to 53%.

The Top 5 Brain Foods to Eat Daily:

1. Leafy Green Vegetables: Spinach, kale, arugula. (Aim for 6+ servings/week).
2. Berries: Blueberries & strawberries are rich in flavonoids that improve memory. (Aim for 2+ servings/week).
3. Nuts & Seeds: Walnuts, almonds, and flaxseeds for healthy fats. (Aim for 5 servings/week).
4. Fatty Fish: Salmon, sardines, or anchovies for Omega-3s. (Aim for 1+ serving/week).
5. Olive Oil: Use as your primary cooking fat or dressing.

Foods to Limit or Avoid:

- Red Meat & Butter: High in saturated fats which increase inflammation.
- Fried Foods: These impair blood flow to the brain.
- Sweets & Cheese: Excess sugar and dairy can trigger inflammation and bloating.
- High-Mercury Fish: Avoid shark, swordfish, and king mackerel.

Hydration Hack: If you drink coffee, follow the 2-for-1 Rule: For every cup of coffee, drink two cups of water. Dehydration thickens the blood and worsens brain fog.

Sleep

Optimizing Your Nightly Reset

Sleep is non-negotiable for clearing brain fog. Here are some practical steps you can to optimize it:

Cut back on caffeine: Try having that last cup of coffee or tea by noon or 1pm. For some, caffeine can stay in their system for up to 9 hours after enjoying a cup. See if you can push back your caffeine intake to earlier in the day.

The "No-Screen" Buffer: Stop using phones 1 hour before bed. Blue light suppresses melatonin, the hormone that helps you fall asleep.

Sleep on Your Left Side: This position aligns your digestive tract (stomach and pancreas) to encourage gravity-assisted drainage of bile and lymph fluid, reducing bloating and improving sleep quality.

Cool the Room: Keep your bedroom temperature between 60-67°F (15-19°C) to reduce the frequency of night sweats.

Advocacy Toolkit

Many doctors are not fully up-to-date on menopause management. You must be your own advocate.

Step 1: Track Your Symptoms

Before your appointment, track for 2 weeks:

- Frequency of hot flashes (per 24 hours).
- Sleep interruptions (how many times you wake up).
- Mood changes or memory lapses.

Step 2: The Script

When you see your provider, say:

"I am experiencing frequent vasomotor symptoms and cognitive issues that are affecting my quality of life. I've read that untreated menopausal symptoms can increase long-term risks for cardiovascular disease and dementia. I would like to discuss my hormone levels and whether Hormone Replacement Therapy (HRT) or other interventions are appropriate for me."

Step 3: Ask for Testing

Don't accept "it's just aging." Ask for:

- Full hormone panel (Estradiol, Progesterone, FSH).
- Thyroid panel (TSH, T3, T4) - thyroid issues mimic menopause.
- Vitamin D and B12 levels.

Note: HRT is most effective when started within 10 years of menopause onset (typically ages 45-55) and can significantly improve brain fog and sleep.

Daily Rituals for Clarity

Small Changes, Big Results

Morning Movement: 20 minutes of walking or light weightlifting boosts blood flow to the brain and improves insulin sensitivity.

Meditation: 10 minutes of daily mindfulness lowers cortisol (stress hormone), which can otherwise exacerbate brain fog.

Gut-Brain Connection: If you have digestive issues (bloating, constipation), address your gut health first. A healthy gut microbiome is essential for producing serotonin, the "happy hormone."

Implementing changes in diet and regular exercise can positively influence menopause symptoms. The MIND diet, a blend of the Mediterranean and DASH diets, is particularly beneficial. Focus on:

- High-quality proteins: Opt for fish like anchovies.
- Fruits and nuts: They're rich in phytochemicals essential for brain health.
- Healthy oils: Use olive or avocado oil for cooking.
- Natural exercise routines: Walking, swimming, or playing tennis to trigger those feel-good endorphins.

Consume Creatine: Creatine supplementation can increase brain creatine stores, which has been shown to improve measures of cognition and memory. This effect is particularly pronounced in aging and older adults.

My Menopause Symptom Tracker

"Data is Power. Use this log to advocate for your health."

Instructions: Track your symptoms for 14 consecutive days before your doctor's appointment. Bring this log with you to help your provider understand the frequency, severity, and patterns of your symptoms.

Daily Log Sheet

Date	Time	Category	Symptom	Severity	Duration	Notes
10/12	7:00 AM	Sleep	Woke up sweating	8	20 min	Room was hot; drank 2 coffees

(Duplicate this table for each day or create a separate sheet for each day)

Weekly Summary & Pattern Analysis

Fill this out at the end of the week to spot trends.

Week Of: _____

1. Hot Flashes & Night Sweats:

Total episodes this week: _____

Average severity (1-10): _____

Most common time of day: ☐ Morning ☐ Afternoon ☐ Evening ☐ Night

2. Sleep Quality:

Average hours slept: _____

Nights woke up > 2 times: _____

How rested do I feel? (1-10): _____

3. Brain Fog & Memory:

How often did I forget words or tasks? ☐ Daily ☐ Weekly ☐ Rarely

Did it affect my work or driving? ☐ Yes ☐ No

4. Digestive Health:

Any bloating, constipation, or gas? (Yes/No) _____

Did it happen after specific foods? (List them): _____

5. Mood & Energy:

Average energy level (1-10): _____

Mood swings frequency: ☐ High ☐ Moderate ☐ Low

Doctor Visit Prep: The "Ask List"

Use your tracker data to fill in the blanks before your appointment.

My biggest struggle right now is:

(e.g., Waking up 4 times a night due to night sweats)

I have tracked _____ hot flashes per day on average. (Fill in your number)

This is impacting my life by:

(e.g., I am too tired to work or exercise; I feel anxious about memory loss)

I would like to discuss:

☐ Hormone Replacement Therapy (HRT) options

☐ Non-hormonal medications

☐ Lifestyle and diet changes

☐ Thyroid & Hormone blood work

☐ Sleep study referral

My questions:

Quick Reference: Severity Scale (1-10)

1-3 (Mild): Noticeable but doesn't interrupt daily activities.

4-6 (Moderate): Interrupts tasks; requires a break or change of clothes (for sweats).

7-10 (Severe): Prevents normal activity; requires immediate intervention (e.g., cooling down, lying down).

Menopause is a transition, not an end.

By understanding the science, fueling your body correctly, and advocating for your health,
you can navigate this chapter with clarity and confidence.

Remember: You are not broken. You are becoming.

By Tammy Dungan, CAHNS, CMS, PN1-SSR

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WANNA LEARN MORE?

As a holistic women's wellness trainer, I specialize in empowering ladies through education on holistic wellness strategies to address burnout, sleep deprivation, stress management, and self-care struggles. Help women advocate for themselves by providing them with tools and strategies to build self-confidence, and improve their overall well-being.

Let's see if we can work together to create a plan that will help your team of ladies to thrive. Click the button below to schedule a free Heart2Heart consultation.

[SCHEDULE A FREE CALL](#)

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