



THE PERIMENOPAUSE SOLUTION

YOUR GUIDE TO NATURAL HORMONE HARMONY

by Dr. Lori Puskar

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WELCOME

Perimenopause is not a breakdown, it's a biological transition. From your early 40s into your 50s, your hormones begin shifting in ways that affect everything: your mood, your metabolism, your memory, and your cycles.

Unfortunately, most women are told to either "wait it out" or jump straight into hormone replacement or antidepressants. But neither approach addresses the deeper reasons your hormones are out of balance in the first place.

This guide is for the woman who wants a different way—a natural, daily rhythm that supports her endocrine system without synthetic hormones.

These 5 foundational steps have changed the lives of countless women in my practice.

Let's begin.

Dr. Lori



KEEP CARBOHYDRATES UNDER 75G PER DAY

Refined carbs, sugar, and even too much fruit can spike insulin, which in turn worsens estrogen dominance, triggers hot flashes, and blocks fat burning.

By reducing carbs to under 75 grams daily, you give your body the ability to stabilize blood sugar, reduce inflammation, calm irritability, and shift into fat-burning mode.

It also helps rebalance estrogen and progesterone naturally.

Here are some helpful tips:

- Start your day with a high-protein, low-carb breakfast like eggs with avocado or turkey sausage with sautéed spinach.
- Replace bread and pasta with cauliflower rice, zucchini noodles, or spaghetti squash.
- Use tools like Carb Manager or Cronometer to track your intake and get familiar with carb counts.

Food ideas:

- Breakfast: Egg muffins with bell peppers and turkey sausage (6g carbs)
- Lunch: Chicken salad over mixed greens with olive oil vinaigrette (10g carbs)
- Dinner: Grilled salmon with roasted Brussels sprouts and cauliflower mash (15g carbs)
- Snacks: Celery with almond butter, hard-boiled eggs, or a few berries (keep total daily under 75g)





EAT ONLY AFTER YOUR STOMACH GROWLS THREE TIMES

This one small habit has a powerful impact on hormone health. Waiting until you hear three real stomach growls before eating helps reset your hunger hormones, leptin and ghrelin, so you're eating from true physiological need, not boredom or habit.

This improves digestion, supports the gut-brain axis, reduces cortisol spikes, and leads to more natural fat metabolism. It also gives your digestive system time to complete a full cycle before adding new food.

Helpful tips:

- Drink herbal tea or water with lemon between meals instead of reaching for snacks.
- Notice the difference between emotional cravings and true hunger by journaling your signals.
- Practice mindful eating—slow down and chew thoroughly to help your brain register fullness.



GET 8+ HOURS OF SLEEP PER NIGHT

Sleep is when your body produces and resets its key hormones: cortisol, melatonin, progesterone, and growth hormone. If you're not sleeping deeply and consistently, your body can't detox excess estrogen or repair your endocrine system. Aiming for at least 8 hours each night supports mood, balances cortisol, reduces belly fat, and slows the aging process.

This is not a luxury, it's foundational medicine for your hormones.

Sleep tips:

- Shut off screens at least an hour before bed—blue light suppresses melatonin.
- Take a warm bath with Epsom salts to calm the nervous system.
- Consider using a magnesium supplement or herbal sleep support if needed.

Sleep-friendly foods:

- Tart cherry juice (natural source of melatonin)
- Pumpkin seeds (high in tryptophan)
- Herbal teas like chamomile or passionflower



AVOID ALL ALCOHOL

Even moderate alcohol consumption disrupts hormone balance. Alcohol increases estrogen, burdens the liver, raises cortisol, and blocks REM sleep, leading to more night sweats, mood swings, and weight gain.

For women navigating perimenopause, alcohol is often the hidden hormone saboteur.

Giving it up, even temporarily, often results in improved sleep, clearer skin, fewer hot flashes, and easier weight loss.

It also frees up your liver to do what it's supposed to do: clear out excess hormones and toxins.

Tips for alcohol-free living:

- Swap wine for sparkling water with lime or a splash of apple cider vinegar and stevia.
- Try mocktail recipes using herbs, citrus, and mineral water.
- Focus on evening rituals that help you wind down—reading, journaling, or stretching instead of sipping.




TAKE THESE SUPPLEMENTS



Food alone may not be enough to rebalance hormones during perimenopause, especially in today's toxic and high-stress environment. These ten supplements are foundational tools I use in clinic to support adrenal health, detox pathways, blood sugar stability, nervous system regulation, and overall hormone restoration:

- AF Betafood supports healthy bile flow and liver detox, which are essential for clearing excess hormones.
- Cataplex B and Cataplex B Core nourish the adrenals and help rebuild energy from deep within.
- Cataplex C enhances immune function and supports repair during periods of stress.
- Choline assists in metabolizing fats and supports estrogen detox. Drenamin is one of the best daily adrenal blends for calm focus and stress balance.
- Glyc-Aide keeps blood sugar stable throughout the day. Min-Tran is a gentle calming mineral formula to ease tension and emotional stress.
- Multizyme helps you break down and absorb nutrients more efficiently, improving hormone synthesis.
- Organically Bound Minerals replenishes vital trace minerals that are often depleted in women going through hormonal shifts.



These are not random supplements—they are clinically formulated, whole-food based tools designed to support the entire hormonal network including your thyroid, adrenals, ovaries, liver, and nervous system.



90-DAY HORMONE

RESET CHECKLIST

Each day, aim to:

- keep carbs under 75g,
- wait for 3 growls before meals,
- get 8+ hours of sleep,
- avoid alcohol,
- and take all 10 supplements.

Track your wins, symptoms, energy levels, and progress.

You'll notice a change within 3 weeks, and by 90 days, most women feel like themselves again, only stronger, calmer, and more in control.

Good Luck!



PERIMENOPAUSE ISN'T JUST A PHASE

IT'S A POWERFUL INVITATION TO RECONNECT WITH YOUR BODY.

By understanding what your hormones are truly asking for, you can reclaim your energy, your metabolism, and your joy.

If you're ready to go deeper with functional lab testing, one-on-one coaching, or access to the highest-quality supplements, visit drloripuskar.com or schedule a private consultation.

Your next chapter doesn't have to be one of symptoms and struggle. It can be one of clarity, strength, and renewed balance.

You've got this.

With love,

Dr. Lori Puskar





Questions?

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