



# SIX STEPS BACK TO YOU

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**A Hormone and Lifestyle Reset for Post-Menopausal  
Women Who Are Ready to Feel Like Themselves Again**

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**WELLNESS**   
WITH CHERI  
TRANSFORMATION INSIDE OUT



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## Introduction - Welcome to Your Next Chapter


Perimenopause was one of the most disorienting times in my life. The emotional weight of it hit hard: intense depression, sudden anxiety, and a rollercoaster of mood swings I couldn't predict. My thyroid was thrown off. My periods became painful and overwhelming, and I was drenched in hot flashes and night sweats, night after night. I felt like I was unraveling—losing the sharp, vibrant woman I had once been, and no one had the answers I was so desperately seeking.

But I wasn't prepared for what came next.

Post-menopause brought a new wave of challenges—ones I hadn't been warned about. I was diagnosed with fibromyalgia and began living with widespread, unexplained pain. My bladder became a daily struggle, with relentless urgency and the burning discomfort of interstitial cystitis. Sex became painful and distant, marked by vaginal dryness, atrophy, and vulvodynia that few even talked about. I watched my muscle tone fade and my weight increase, despite everything I thought I was doing right. When I finally began hormone therapy, the balance was off, leading to bleeding, spotting, and eventually a full hysterectomy.

At the time, I was doing the best I could with the knowledge I had. But looking back now, with everything I've learned, I know it didn't have to be that way.





Today, I've reached a place where my hormones are optimized, and I feel more like myself again. But make no mistake, it's not something that stays on autopilot. It's an ongoing process that requires care, commitment, and a deep understanding of how my body has changed.

Because this stage isn't just about managing symptoms—it's about protecting your long-term health. The loss of estrogen, progesterone, and testosterone affects far more than how you feel day to day. It can quietly set the stage for:

- Osteoporosis
- Heart disease
- Cognitive decline
- Blood sugar issues
- Muscle loss
- Urinary and sexual dysfunction

But there's power in knowing what to do. When you take a proactive, personalized approach to post-menopause, you can not only reduce symptoms, you can also rebuild your strength, confidence, and health from the inside out.

This guide is your starting point. I'll show you how to uncover your unique menopause type, build a strong foundation for hormone balance, and reclaim your energy and well-being, no matter how far off track you feel right now. Post-menopause isn't the end of the story; it's your chance to rewrite it.

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## What Is Post-Menopause, Really?

Most women are told that once they've gone 12 months without a period, menopause is "over." That milestone, called *menopause*, is actually just a single day on the calendar. It marks the one-year anniversary of your last menstrual period. The very next day? You're officially in post-menopause.

But what no one explains clearly enough is this: your body doesn't just reset after menopause. There's no return to the way things used to be. Instead, you enter a completely new hormonal phase where your ovaries stop producing the estrogen, progesterone, and testosterone your body once relied on every single day. That hormonal shift isn't temporary; it's permanent, and the effects are far-reaching.

*These hormones weren't just about reproduction.* They played critical roles in your brain, bones, heart, muscles, skin, metabolism, mood, sleep, and sex life. When they drop and stay low as they do in post-menopause, you don't just lose your cycle, you lose the daily hormonal support that helped keep your body and mind resilient.

For some women, post-menopause brings relief. Their symptoms ease, and they feel better than they did in perimenopause. But for many others, symptoms continue or evolve. You might feel like you're aging faster, losing strength, gaining weight, or struggling with brain fog and body aches you never had before. Maybe you thought you'd be done with hot flashes, only to find they're still showing up. Maybe sex feels painful or your libido has disappeared. Maybe your bladder feels weaker, or you're catching urinary tract infections more often.



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These are all signs that low hormone levels are still impacting your body, even years after your last period.

And how you experience post-menopause, whether you're thriving or struggling, has a lot to do with the state of your body before you got here.

If your hormones were imbalanced during perimenopause, if your adrenal system was under constant stress, or if you lost too much muscle and metabolic flexibility along the way, then post-menopause is likely feeling harder than you expected. Even your body composition plays a role. Women with very low body fat may produce fewer hormones through adipose tissue, while those with a history of chronic stress may have adrenals too depleted to pick up the slack.

On top of that, if you're dealing with thyroid problems, blood sugar instability, or conditions like fibromyalgia or autoimmune disorders, these imbalances can amplify post-menopausal symptoms.

This doesn't mean you're doing anything wrong, and it certainly doesn't mean you're broken. It means your body needs a new kind of support—not a band-aid, but a full strategy that accounts for your unique history, hormone profile, and symptoms.

*Post-menopause doesn't mean you're done—it means your body is asking for a new kind of support, and what you do now will shape how you feel, not just today, but in the years and decades ahead.*

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## Why Symptoms Still Show Up (and What They Mean)

There's a common belief that once you've hit menopause, the worst is over. Your periods stop, your hormones settle, and you get to move on with your life. But for many women (myself included), that couldn't be farther from the truth.

When I first reached post-menopause, I expected things to finally level out. I had already navigated the storm of perimenopause—crushing fatigue, anxiety, painful periods, and thyroid disruption. I was hopeful that the hardest part was behind me, but instead of relief, I found myself facing a new and unexpected set of struggles.

I was dealing with years of unresolved hormone imbalance. I had developed multiple fibroids, adenomyosis, and recurring ovarian cysts that caused ongoing pelvic pain, pressure, and bloating. My periods had been heavy and miserable for so long that when I finally transitioned into post-menopause, I thought maybe the suffering would end. It didn't. Even after I began hormone therapy, the symptoms persisted. The balance wasn't right, and the result was spotting, breakthrough bleeding, and eventually a full hysterectomy—something I now know might have been avoidable had I understood then what I know now.

On top of that, my body continued to shift. My muscles deteriorated rapidly, even though I was trying to stay active. My weight climbed, especially around the midsection, and no matter what I did, I couldn't get it to budge. I was diagnosed with fibromyalgia and lived with widespread pain that felt like it came from deep inside my bones. My bladder became hypersensitive, and intimacy became painful. Vaginal dryness, atrophy, and vulvodynia left me feeling disconnected not just from my body, but from the life I used to enjoy.



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*And I kept wondering: “Why didn’t anyone prepare me for this part?”*

The answer was simple. Post-menopause is not symptom-free. In fact, it’s a time when low hormone levels are no longer fluctuating—they’re consistently low. That may sound like stability, but for your body, it’s a profound change.

*Estrogen, progesterone, and testosterone were never just reproductive hormones.* They are deeply involved in your brain health, your mood, your metabolism, your bones, your bladder, your joints, and your skin. When they drop and stay low, the systems they once supported have to function with less, and many don’t function well at all.

Some women glide through post-menopause with ease, but others, especially those who enter it with high stress, adrenal exhaustion, or underlying health issues, find the transition difficult. And if you’re dealing with thyroid problems, blood sugar imbalances, inflammation, or a history like mine, with fibroids and gynecologic issues, those symptoms can become even more intense.

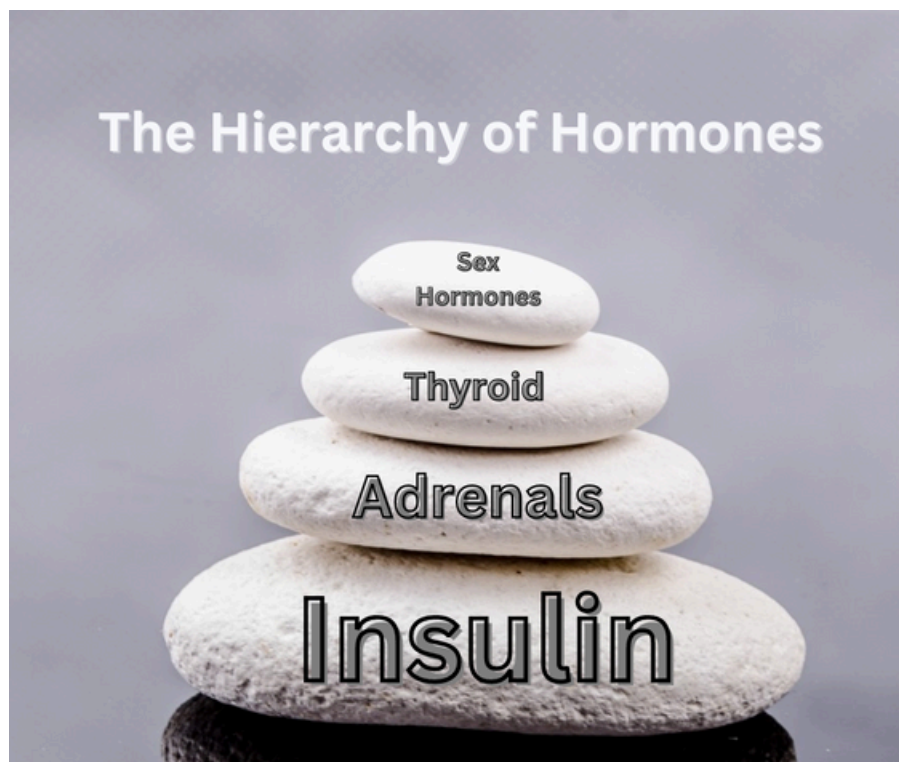
### **You might find yourself dealing with:**

- *Hot flashes and night sweats that just won’t quit*
- *Weight gain around the belly that doesn’t respond to your usual strategies*
- *Sleep that feels fractured or impossible*
- *Vaginal dryness, discomfort, or painful sex*
- *Low libido and emotional flatness*
- *Bladder issues that leave you rushing to the bathroom or getting up all night*
- *Muscle loss, stiffness, or increasing joint pain*
- *Brain fog or forgetfulness that undermines your confidence*
- *And a sense that your body is aging faster than it should*

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This isn't just about hormones being low—it's about your body being under-supported in this new hormonal state. The adrenal glands and fat tissue do their best to step in and help, but if they're depleted or overwhelmed, symptoms often persist—or worsen.

That's why hormone therapy, while incredibly helpful for many, isn't always the full solution. If the rest of the foundation isn't strong—if digestion, detoxification, adrenal support, thyroid function, and lifestyle strategies aren't in place—then hormone therapy alone can fall short.



The good news is, there's another way. By identifying your menopause type, understanding what your body actually needs right now, and following a targeted strategy, you can start to feel better.

It's not too late. You're not too far gone. You haven't missed your chance. In fact, this is your chance to finally work with your body, not against it.

That's what we'll walk through next.



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## The Hidden Health Risks of Low Hormones

Post-menopause doesn't just change the way you feel—it changes the way your body functions at a cellular level, and while some symptoms are obvious, others are far more silent—until one day they're not.

Estrogen, progesterone, and testosterone do far more than regulate your cycle; they play protective roles across every major system in your body, and when they drop, so does that protection.

Many women assume that if they aren't suffering from hot flashes or mood swings anymore, they must be in the clear. But what's often missed is that low hormones can increase your long-term risk for serious health concerns, including:

### 🦴 Bone Loss & Osteoporosis

Estrogen helps preserve bone density by slowing the natural breakdown of bone and supporting calcium absorption. Without it, bones can become porous and fragile. One woman I worked with, Linda, hadn't had symptoms in years until she tripped over a curb and fractured her wrist. A bone density scan revealed osteoporosis she had no idea she had.



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## ❤️ Cardiovascular Disease

Estrogen protects your blood vessels and helps keep cholesterol in balance. When estrogen disappears, the risk for heart disease rises sharply. Karen came to me after a heart scan showed plaque buildup. She had always had “good numbers” on her labs—until she didn’t. Her doctor never once mentioned that the drop in estrogen could impact her heart health.

## 🧠 Cognitive Decline

Estrogen supports memory, focus, and brain cell communication. Many women notice increasing forgetfulness or difficulty concentrating, but few realize this may be tied to hormonal decline. Sandra, a 63-year-old retired teacher, came to me terrified that she was developing early dementia. Her cognitive testing came back normal, but her estrogen and testosterone were nearly nonexistent. Once we started addressing that, the fog began to lift.

## 💪 Muscle Loss & Frailty

Testosterone and estrogen both play a role in maintaining muscle mass and strength. Without them, sarcopenia (age-related muscle loss) accelerates. This doesn’t just affect the way you look—it impacts your balance, stability, and resilience. I’ve seen women regain strength they thought they had permanently lost, just by supporting hormone levels and increasing resistance training.

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## **Blood Sugar & Insulin Resistance**

Hormonal decline can reduce insulin sensitivity, making it harder for your body to process carbohydrates and regulate blood sugar. This leads to increased belly fat, energy crashes, and eventually diabetes if left unchecked. In fact, I've had several women come to me with new pre-diabetic labs in their 50s and 60s—women who had never struggled with blood sugar issues before menopause.

## **Bladder & Sexual Health**

Low estrogen and testosterone affect the pelvic floor, bladder lining, and vaginal tissue. This can lead to incontinence, urgency, recurrent UTIs, and painful sex. Many women are too embarrassed to talk about it, but these symptoms are not just common, they're treatable. When we addressed hormone levels and tissue health, women like Teresa found they could enjoy intimacy again, and finally sleep through the night without bathroom trips.

These risks aren't meant to scare you—they're here to empower you with truth, because when you understand what's really happening, you can do something about it.

Hormone therapy, when done correctly and tailored to your needs, can play a powerful role in preventing many of these risks and easing post-menopausal symptoms. But it's rarely a magic fix on its own. The real transformation happens when hormone therapy is combined with the



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right lifestyle strategies—nutrition that stabilizes blood sugar, movement that supports your bones and muscles, stress reduction that protects your adrenals, and a plan that’s built around your unique menopause type.



Whether you choose to use hormone therapy or not is entirely up to you. What matters most is that you have the knowledge and the support to make that decision from a place of strength, not fear.

That’s what the next section is all about: the step-by-step framework that has helped hundreds of women, myself included, reclaim their energy, rebuild their health, and move through post-menopause with confidence and clarity.

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## The Six Steps Back to You

(A Framework for Rebuilding Health in Post-Menopause)

You may already be on hormone therapy. You may be exploring it. Or maybe you've decided it's not for you right now. No matter where you are, the truth remains: hormones don't operate in isolation, and they don't create balance on their own.

In post-menopause, your body has changed. The systems that once ran on autopilot now need intentional support. Your digestion, your detox pathways, your adrenal health, your thyroid, your nervous system—these are the foundations that allow hormones to function well in the first place.

**That's why this six-step framework exists.** Because just replacing estrogen or progesterone isn't enough. We have to rebuild the entire terrain so your body becomes responsive, resilient, and ready to feel good again.

These are the six steps that helped me recover after years of symptoms, pain, and confusion. They're also the steps that have helped hundreds of women I've worked with regain strength, clarity, energy, and vitality, no matter how long ago menopause began.

Let's begin.

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## Step 1: Discover and Understand Your Menopause Type

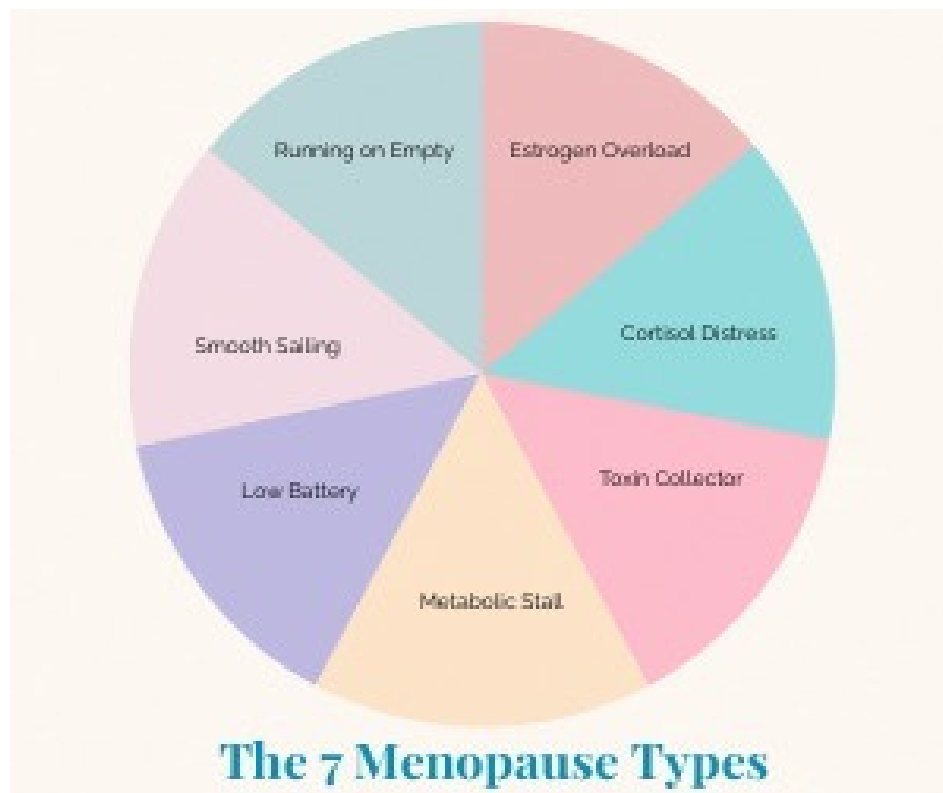
Every woman's post-menopause experience is different. Some women gain weight, others feel constantly wired and anxious. Some develop pain conditions, while others lose their libido or sense of vitality. These differences aren't random—they're part of a deeper pattern.

In my work, I've identified seven menopause "archetypes," each representing a unique combination of symptoms, hormone tendencies, and root causes. They're not labels or diagnoses. They're maps that help you understand what your body needs most, and why it's reacting the way it is.

### You may be:

- **Estrogen Overload** – still struggling with weight gain, puffiness, or fibroids
- **Cortisol Distress** – living with high stress, sleep issues, or anxiety
- **Toxin Collector** – overwhelmed by inflammation, sensitivities, or poor detox pathways
- **Low Battery** – running on fumes, with low Dehydroepiandrosterone (DHEA), thyroid disruption, and fatigue
- **Metabolic Stall** – facing blood sugar issues, insulin resistance, and belly weight
- **Smooth Sailing** – experiencing minor symptoms but looking to protect long-term health
- **Running on Empty** – depleted across all systems, with flat mood, brain fog, and weakness





Some women are a blend. But usually, one or two types dominate, and knowing yours is the first step toward creating a plan that actually works.

When I finally understood my type—Low Battery with strong Toxin Collector tendencies—so many things clicked into place. I wasn't lazy. I wasn't broken. My body was doing the best it could in an environment that wasn't yet supporting it.

Once you identify your type, everything that follows can be tailored: the nutrition, the pace, the supplements, the hormone therapy, and the expectations.

This is the foundation: not a label, but a starting point, because when you know your type, you finally know where to begin.

💡 Go to [mymenopauseplaybook.com](https://mymenopauseplaybook.com) to learn more about the My Menopause Type Quiz and complete it.

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## Step 2: Create a Strategy

Once you've identified your menopause type, the next step is to create a plan—a strategy that's rooted in where you actually are right now, and where you want to go.

*This part is often skipped.* Women jump straight to trying new supplements, new workouts, or even hormone therapy without ever asking: Is this the right path for me? And is this even the right starting point?

But a successful post-menopause journey doesn't begin with throwing everything at the wall. *It begins with clarity.*

**Think of it like this:** if you're trying to get from Los Angeles to New York, you wouldn't buy a plane ticket from Chicago to Boston. Sure, it's heading east, but it's not starting where you are, and it's not taking you to where you want to be.

It's the same with hormone health. If you're a Toxin Collector and you skip liver support and jump straight to estrogen therapy, your symptoms might actually get worse. If you're Cortisol Distress and you keep pushing through high-intensity exercise, your fatigue might deepen. If you're Low Battery and all you focus on is weight loss, you'll likely burn out before you even begin.

You need a strategy that starts with your **real-life symptoms, patterns, and capacity**—not someone else's protocol or a one-size-fits-all plan.

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## Here's how to start building your strategy:

### 1. Understand what your type needs most.

If you're *Running on Empty*, your body needs restoration before action.

If you're *Metabolic Stall*, you may need a focused reset to get insulin under control.

If you're *Estrogen Overload*, detox and inflammation support are likely your first priorities.

Each type brings a different starting point, and a different sequence for healing.

### 2. Get clear on your “why.”

*Why are you doing this now?*

*What is the deeper reason you want to feel better?*

Maybe it's to be more present for your family. To enjoy intimacy again. To feel strong in your body.

Knowing your “why” isn't fluff—it's the fire that keeps you going when things get hard.



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### **3. Create a vision for where you want to go.**

What does “better” actually look like for you?

More energy? Less pain? Confidence in your clothes? Clear thinking?

*Get specific.*

*Write it down.*

Your brain responds to direction, and so does your body.

### **4. Decide how you want to get there.**

Do you want to go slow and steady or make bigger changes quickly?

Do you want to do this alone or with support?

Do you have clarity, or do you need help building the roadmap?

Creating a strategy isn't about being perfect. It's about being honest about what your body needs and what kind of support you're willing and able to give it.

When I was recovering from adrenal burnout and deep fatigue, my strategy wasn't fancy. It was slow mornings, nourishing meals, consistent sleep, and saying no more often. That simple plan was what rebuilt my foundation so that I could eventually reintroduce exercise, social connection, and hormone therapy without crashing.

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Now it's your turn to create your strategy. One that's realistic, personalized, and rooted in your type, your goals, and your life.

Without a strategy, it's easy to get lost.

**With one, you'll know exactly where you're going, and why it matters.**



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## Step 3: Optimize Nutrition, Digestion, and Elimination

*(Because hormones can't do their job if your body can't absorb, build, or release what it needs to.)*

By the time we reach post-menopause, most of us have already tried at least one diet, supplement, or meal plan. And if you're like me, you may have found that what used to work no longer does.

That's because your body is no longer operating under the same hormonal blueprint. You've lost the protective rhythm of estrogen and progesterone. Your insulin sensitivity has likely declined. Your gut has changed. Your liver is under more pressure, and unless you intentionally support these shifts, your body may not be able to absorb nutrients, build hormones, or eliminate toxins efficiently.

This step is about rebuilding that foundation, starting with food, digestion, and elimination, because if you can't properly break down what you eat or clear out what your body no longer needs, even the best hormone therapy or supplement regimen will fall flat.

### ◆ What Nutrition Looks Like in Post-Menopause

This isn't about restriction; it's about nourishment and strategy. Your body needs:

- **Adequate protein** to preserve muscle and support hormone and neurotransmitter production
- **Healthy fats** for hormone synthesis and brain health.



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- **Fiber-rich carbohydrates** to fuel your microbiome, regulate blood sugar, and support estrogen detoxification
  - **Plenty of colour**—think polyphenols, antioxidants, and minerals from fruits, vegetables, herbs, and spices

Many women feel better when they reduce inflammatory triggers like gluten, dairy, refined sugar, and seed oils. But this isn't about perfection; It's about what your body needs now to feel good again.

### ◆ **Digestion: The Gateway to Wellness**

If you're bloated, gassy, or constipated, your hormones will suffer. If you're not absorbing nutrients, you'll feel depleted, foggy, and flat. If your liver and gut can't process hormone metabolites, they'll get recycled, worsening your symptoms.

This is especially true in post-menopause, where hormonal constipation, slowed motility, and gut pH shifts can make elimination sluggish. When toxins, used-up hormones, or inflammatory compounds aren't properly excreted, they recirculate, creating more symptoms.

**You may remember from earlier in my story:** I dealt with painful bloating, sluggish digestion, and what felt like a constant backup in my system. I had no idea that low progesterone, high cortisol, and a stressed-out gut were all working against me. Once I supported my digestion and elimination, everything began to shift. My brain cleared. My skin improved. My body felt lighter.

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## ◆ What This Step Looks Like in Practice

- Start your day with warm lemon water or apple cider vinegar to stimulate digestion.
- Aim for 25–40 grams of fiber daily, from real food (not just powders).
- Chew thoroughly and eat without rushing to support proper breakdown and absorption.
- Support your liver with cruciferous vegetables (broccoli, arugula, Brussels sprouts), bitter greens, and citrus.
- Consider digestive bitters or enzymes if you feel heavy or bloated after meals.
- If constipation is an issue, address it before starting any detox or hormone therapy, otherwise, you risk reabsorbing what your body is trying to clear.

Optimizing digestion and elimination is the step most women skip, but it's the one that can make all the others actually work. Without it, your body is operating in a state of internal congestion. With it, everything moves more smoothly—literally and hormonally.

This is where healing accelerates.

It's the foundation you'll keep building on in Step 4



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## Step 4: Optimize Detoxification

*(Because if your body can't let go of what it doesn't need, it will never fully heal.)*

Once your digestion is moving and your nutrition is working for you, not against you, it's time to turn your attention to detoxification.

Now, detox isn't a trendy juice cleanse or a 3-day flush. It's a core biological function your body performs every day—quietly, consistently, and critically. In post-menopause, when hormones are low and symptoms are high, that detox system often needs more support than ever before.

### ◆ Why Detox Matters in Post-Menopause

Estrogen, even in small amounts, needs to be used, broken down, and safely cleared. So do toxins from processed food, plastics, personal care products, alcohol, medications, and even stress byproducts.

During perimenopause and post-menopause, when hormones are already in flux, toxic buildup becomes more likely, especially if your liver is overwhelmed or your elimination pathways are sluggish.

The truth is, there are over 800 known endocrine disruptors in our daily environment. These chemicals can mimic hormones, block receptors, and interfere with natural hormone balance, sometimes silently, sometimes dramatically.

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If you're still struggling with:

- Bloating, puffiness, or stubborn weight
  - Cyclical mood swings or irritability, even after menopause
  - Sensitivities to smells, products, or medications
  - Fatigue, brain fog, or skin issues
  - Worsening symptoms after starting hormone therapy
- there's a good chance your detox systems need attention.

### ◆ Your Liver: The Unsung Hormone Hero

The liver is responsible for over 500 functions, but when it comes to hormones, it plays four especially important roles:

1. Breaks down used-up hormones, like estrogen, so they don't recirculate.
2. Converts fat-soluble toxins into water-soluble ones so they can be excreted.
3. Creates bile, which helps carry waste out of the body through your bowels.
4. Supports hormone production by helping with cholesterol metabolism, a hormone precursor.

When the liver is burdened by stress, processed food, alcohol, medications, or environmental toxins, these processes slow down and symptoms flare up.





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## ◆ What This Step Looks Like in Practice

- **Eat cruciferous vegetables daily:** Broccoli, cauliflower, Brussels sprouts, arugula, and cabbage all support estrogen clearance.
- **Incorporate bitters and citrus:** Dandelion, artichoke, lemon, and ginger can support bile flow.
- **Drink clean water** and stay well-hydrated to flush water-soluble toxins.
- **Reduce toxic load:** Swap conventional products for cleaner options when possible (think makeup, lotion, plastics, and cleaning products).
- **Support Phase II detox** with nutrients like B vitamins, magnesium, zinc, and amino acids, especially if you're on hormone therapy.
- **Consider supplements strategically:** I personally benefited from liposomal glutathione, calcium-D-glucarate, and milk thistle.\*
- (Note: I recommend milk thistle only for women without thyroid concerns, as it may interfere with T3 transport.)

You don't need to become obsessive about toxins, but you do need to become more aware, because your liver is your hormone-processing center, and if it's sluggish or burdened, your hormones (even the bioidentical kind) won't work the way they're supposed to.

When I finally got serious about detox support—not just food, but environment, stress, and supplements—my symptoms shifted: not all at once, but steadily. My skin cleared and my belly softened. I could think more clearly, and I stopped reacting to everything.

Support detoxification, and you support everything else: your brain, your mood, your metabolism, your sleep – your whole self.

Next, we'll look at the lifestyle choices that either hold you back or help you heal.

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## Step 5: Build Your Life Around the 9 Pillars of Wellness

*(Because hormone balance doesn't happen in a vacuum—it's built one daily choice at a time.)*

By now, you've learned that hormone therapy alone isn't the whole picture. Nutrition matters. Digestion and detox matter. But just as important, and maybe even more so, are the daily rhythms and rituals that shape your life.

Your hormones respond to how you eat, how you move, how you rest, how you connect, and how you recover from stress. During post-menopause, when the hormonal support systems of your past have gone quiet, these lifestyle pillars become the structure that holds everything together.

I call them the **9 Pillars of Wellness**. They've been a guiding compass for my own healing and the women I coach every day. These aren't trends or fads. They're the timeless foundations that create resilience in the body and steadiness in the mind.

### ◆ The 9 Pillars of Wellness

1. **Optimal Nutrition:** Eating real food in a way that supports your hormones, metabolism, and energy.
2. **Fitness and Frequent Movement:** Exercise that fits your changing body—not what worked in your 30s, but what supports strength, mobility, and mood today.

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**3. Sound Sleep:** Creating routines that promote deep, restorative sleep, because without it, everything else suffers.

**4. Human Connection:** Prioritizing relationships that nourish you. Isolation increases inflammation. Connection promotes healing.

**5. Inner Stillness:** Making time for quiet—not just sleep, but reflection, breath, prayer, or meditation.

**6. Sync with Nature:** Natural light in the morning, grounding in the grass, and walks outside. This isn't fluff -- it's hormone-regulating, nervous-system-soothing medicine.

**7. Sense of Purpose:** Knowing why you get up in the morning. It doesn't have to be big. It just has to matter to you.

**8. Managing Stress:** Chronic stress is one of the most powerful hormone disruptors. Learning how to regulate your nervous system is essential—not optional.

**9. Healthy Habits:** The small daily actions that add up to transformation, including morning routines, hydration, boundaries, supplements, and consistency.

Each of these pillars may seem simple on their own, but when they work together, they create something extraordinary: a life that supports hormone balance instead of fighting against it.

I've watched women go from flatlined energy and total disconnection to vibrant, clear, and strong—not because of a single supplement or protocol, but because they slowly rebuilt their lives around these principles. One habit at a time. One day at a time.

This is the foundation we focus on inside *My Menopause Playbook*, because when you have structure, support, and the right strategy, sustainable change becomes possible.

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*This is how we move from “fixing” to flourishing.*

And now that your foundation is in place, we can finally talk about what most women rush toward first—balancing your hormones.





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## Step 6: Balance Your Hormones

*(Because when your foundation is strong, hormones can finally do what they're meant to do).*

This is the step most women want to start with—and I get it. When you're exhausted, uncomfortable in your body, foggy, disconnected, or in pain, you just want relief, and hormone therapy can offer that, but only if it's the right time and the right fit for your body.

But here's the truth I learned the hard way (and what I now help women understand in *My Menopause Playbook*)- **Hormones won't fix what your foundation can't support.**

If your gut is inflamed, your liver is sluggish, your adrenals are depleted, your thyroid is struggling, or your blood sugar is unstable, throwing estrogen, progesterone, or testosterone into the mix may only create more chaos.

However, once your systems are supported, and once you've gone through Steps 1–5, hormone therapy becomes an entirely different experience: one that actually works.

### ◆ Here's What Hormone Balancing Can Look Like

#### Perimenopause vs. Post-Menopause

The hormones you need, and when you need them, depend on your life stage. In post-menopause, where your hormones are consistently low,

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you may benefit from replenishing estrogen, progesterone, and sometimes testosterone and DHEA.

## **Bioidentical Hormones**

I always recommend working with bioidentical hormones: compounds that have the exact same molecular structure as your body's own. These are available in both FDA-approved forms and compounded prescriptions. Each has its place.

### **◆ If You're Already on Hormones...**

And still not feeling well?

That's a sign your foundation is likely missing something.

*You may not be detoxing estrogen properly.*

*You may be over-relying on progesterone without supporting your gut or thyroid.*

*You may have blood sugar swings undermining your entire system.*

This step helps you assess what's missing—not to scare you, but to give you clarity on how to move forward with more precision and confidence.



# HORMONES

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## The Role of Professional Guidance

### Medical Providers:

A licensed practitioner is essential for testing and prescribing bioidentical hormones. Not every doctor understands this approach well, so sometimes, finding the right provider takes time. If you don't have one, I can refer you.

### Wellness Coaching:

This is where I come in. I help you understand your symptoms, your lab results, your type, and the lifestyle steps that set you up for success, whether you're using hormone therapy or not.

**You've reached the final step**—but in many ways, this is just the beginning.

Balancing your hormones isn't about chasing perfect numbers or turning back the clock; it's about reclaiming your health, rebuilding trust in your body, and redefining what's possible for this season of your life.

You don't have to do it alone. And you're not behind.

This is your invitation to begin again with support, clarity, and a plan that finally fits.

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## Meet Diane: The “Cortisol Distress” Type

Age: 59

**Main symptoms:** Racing mind at night, weight gain despite workouts, irritability, low libido, and waking every night at 2:00 AM

Diane was used to pushing through. She had a demanding corporate job, aging parents to support, and adult kids still needing her. Her energy during the day seemed okay—until it wasn't. Sleep became her biggest issue. She'd fall asleep easily, then bolt awake in the middle of the night, heart pounding, brain racing. Her workouts were leaving her more drained than energized, and even though she was eating clean and exercising daily, and the weight was increasing,, especially around her belly.

She came to me frustrated and exhausted. “I feel wired but tired. I don't recognize myself anymore.”

Her labs revealed elevated cortisol at night, low DHEA, and sluggish detox markers. She identified clearly with the Cortisol Distress menopause type.

We didn't start with hormone therapy. We started with adrenal recovery, which involved pulling back on intense exercise, shifting to restorative movement, building out a protein-rich, blood sugar-stabilizing meal plan, and supporting her nervous system with magnesium glycinate, phosphatidylserine, and evening rituals designed to tell her body it was safe to rest.

Once her sleep began to improve and her mood evened out, we worked with her provider to start progesterone and estrogen, but only after her system could handle it.



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Within 3 months, Diane said, *“I finally feel calm again. I’m not chasing energy anymore—I’m building it.”*

## **Meet Lorraine: The “Low Battery” Type with Subtype: Toxin Collector**

Age: 64

**Main symptoms:** Fatigue, weight gain, brain fog, joint pain, history of hysterectomy, currently on HRT, but still struggling

Lorraine came to me already on hormone therapy, but still feeling miserable. She had gained nearly 20 pounds in the last few years, despite taking bioidentical estrogen and progesterone. She was stiff in the mornings, foggy most of the day, and overwhelmed by supplements.

*“I thought this stuff was supposed to work,” she said. “Why do I still feel like a mess?”*

After reviewing her intake, it was clear her body was overloaded but under-supported. She had a history of mold exposure, past trauma, and several rounds of antibiotics over the years. Her digestion was sluggish, and she was constipated more often than not. She identified most with the Low Battery archetype, with a Toxin Collector subtype.

Her hormones weren’t the problem—they were the downstream effect. We started with gut healing, liver support, and gentle detox: cruciferous veggies daily, castor oil packs at night, dry brushing, and glutathione paired with a binder to help with estrogen clearance. We simplified her

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supplement routine and focused on two strong meals a day with enough protein and fiber to support blood sugar and bowel function.

She slowly began feeling lighter, both physically and emotionally. Her joint pain reduced, her belly bloating vanished, and for the first time in years, she started waking up with actual energy.

Six months later, she was still on hormone therapy, but now her body could actually use it.

*"I thought I'd never feel like myself again. I kept trying to fix things from the outside, but what I really needed was to understand what my body was asking for. Now, I feel like I'm finally coming home to myself."*



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## Where You Go From Here

If you see yourself in Diane, or Lorraine, or even in me, you're not alone.

We each arrived at this place through different paths. Diane was wired, burned out, and stuck in a stress cycle she couldn't break. Lorraine was doing everything right—taking hormone therapy, eating well—and still didn't feel like herself. And me? I walked through the long road of fibroids, adenomyosis, ovarian cysts, vulvodynia, muscle loss, pain, and an eventual hysterectomy before I finally understood what was really happening.

What we all had in common wasn't our symptoms—it was this feeling that something had shifted, and we didn't know how to find our way back to ourselves.

And that's what this guide—***Six Steps Back to You***—was created for.

To give you the roadmap back to yourself.

Healing after menopause isn't about doing more. **It's about doing the right things, in the right order, with a strategy that fits your body.**

You don't need to guess. You don't need to go it alone. And you don't need to settle for not feeling well just because your labs are "normal" or you've passed a certain age.

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There is more available to you.

*More energy. More clarity. More comfort. More connection.*

*And yes—more you.*

This is what we walk through step by step inside ***My Menopause Playbook***. If you're ready to take this work deeper, to get personalized support, and stop spinning your wheels, I invite you to join us.

A great way to start is with the My Menopause Type Quiz. You can find out more and take the quiz at [www.mymenopauseplaybook.com](http://www.mymenopauseplaybook.com)

**You deserve to feel strong, clear, and steady in this next chapter.**

**I'm here to help you do just that.**





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## YOU'VE GOT THIS!



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