



It Isn't You...It's Your Hormones

The First Step Toward Clarity

A guide to understanding the many faces of perimenopause and menopause.

If you've found yourself thinking...

- "I don't feel like myself anymore."
- "Why am I so exhausted?"
- "Why do I get irritated so easily?"
- "Where did my confidence go?"

...you're not alone.

Many women are surprised to learn that these experiences aren't isolated problems—they're often connected through the hormonal changes of perimenopause and menopause. This guide will help you recognize common symptoms and begin understanding what your body may be trying to communicate.

Because understanding is the first step toward feeling like yourself again.

Check off the symptoms you have experienced.

Hormonal & Physical

Hormonal fluctuations can influence temperature regulation, cycles, and physical comfort. You may notice:

- ☐ Hot flashes or warmth surges
- ☐ Night sweats
- ☐ Menstrual Cycle irregularities
- ☐ Breast tenderness
- ☐ Joint or muscle discomfort
- ☐ Headaches
- ☐ Heart palpitations
- ☐ Changes in weight or body composition (ex: increased belly size)
- ☐ Dry/Itchy skin
- ☐ Dry eyes
- ☐ Hair loss
- ☐ Hyperglycemia (High Blood sugar)/Hypoglycemia (Low Blood Sugar)
- ☐ Body Odor
- ☐ Itchy Ears

Sleep

Sleep disruption is one of the most common and often earliest changes.

You may notice:



- ☐ Difficulty falling asleep
- ☐ Waking during the night
- ☐ Early morning waking (suddenly you are spontaneously waking up at 3 or 4 AM)
- ☐ Restless or fragmented sleep
- ☐ Feeling unrefreshed despite adequate hours of sleep

Cognitive

Hormonal shifts can influence attention, recall, and mental clarity. You may notice:

- ☐ Brain fog
- ☐ Word-finding difficulty
- ☐ Forgetfulness
- ☐ Reduced ability to focus/concentrate
- ☐ Feeling mentally slower or scattered

Emotions & Nervous System

Hormones interact closely with the nervous system. You may notice:

- ☐ Increased anxiety
- ☐ Irritability
- ☐ Mood fluctuations
- ☐ Reduced stress tolerance
- ☐ Feelings of overwhelm
- ☐ Low mood or emotional sensitivity
- ☐ Lack of motivation/energy
- ☐ Withdrawal from others

Sexual/Intimate & Urinary system

Hormonal changes can influence libido and tissue comfort. You may notice:

- ☐ Reduced libido (sex drive)
- ☐ Vaginal dryness/itching
- ☐ Discomfort/pain with vaginal stimulation and/or penetration
- ☐ Increased time to climax or inability to climax
- ☐ Increased Urinary Tract Infections (UTI)
- ☐ Urinary Frequency
- ☐ Vulvar pain with sitting and/or walking

How many symptoms did you recognize?

If you circled several of these symptoms, you're not alone.

Many women are surprised to discover that what they've been experiencing isn't a collection of unrelated problems—it's often a pattern of hormonal changes affecting multiple systems in the body.



You don't need to have every symptom on this list for perimenopause or menopause to be affecting you.

The important question isn't: **"Do I have menopause?"**

It's: **"Could these symptoms finally make sense when viewed together?"**

The First Step Is Clarity

At **Menopause Rewritten by Renee**, I believe women don't need more self-criticism.

They need more understanding.

For too long, women have blamed themselves for symptoms they never knew could be connected. The moment those symptoms begin to make sense, something powerful happens:

Confusion begins to fade ✦ Self-blame softens ✦ Trust in yourself begins to return

That's the foundation of my **Clarity Method™**—helping women understand their bodies so they can move forward with greater confidence, stability, and self-trust.

Could Your Symptoms Be Connected?

If you recognized several of the symptoms, you don't have to figure it out alone.

I'd love to invite you to a complimentary **30-minute Clarity Call**.

Together, we'll explore:

- ✓ The symptoms you're experiencing
- ✓ The patterns you're noticing
- ✓ Where you may be in your hormonal transition
- ✓ Your next best step toward feeling more like yourself again

This isn't a sales call. It's a conversation designed to help you gain clarity and leave with a better understanding of what may be happening in your body.

[Book Your Complimentary Clarity Call:](#)