



## Understanding Perimenopause: Neurological and Emotional Impacts

Perimenopause is a transitional phase leading up to menopause where hormonal fluctuations—particularly in estrogen and progesterone—begin to shift. This natural stage of life often begins in a woman's 40s, though it can start earlier or later, and typically lasts several years. At Serene Integrative Services, we understand that these changes are not just physical—they can affect your emotional and neurological well-being too.

### Neurological Impacts

- Decreased estrogen levels can affect neurotransmitters like serotonin, dopamine, and GABA, leading to changes in mood, memory, and cognition.
- Brain fog, forgetfulness, and difficulty concentrating are common cognitive symptoms during perimenopause.
- Sleep disruptions due to hormonal changes can further impact mental clarity and emotional resilience.

### Emotional Impacts

- Mood swings, anxiety, irritability, and even depressive symptoms can emerge or intensify during perimenopause.
- Emotional reactivity and lowered stress tolerance are common as hormonal support to the nervous system decreases.

### How Serene Integrative Services Can Support You

We take an integrative approach, combining functional medicine with both Eastern and Western practices. Our goal is to support your hormonal, emotional, and neurological health through personalized care plans which may include lifestyle interventions, lab work, supplements, counseling, and more.

If you're experiencing symptoms of perimenopause that are affecting your quality of life, you're not alone—and you don't have to go through it unsupported. Reach out to our team today to learn how we can walk with you through this transition with compassion, insight, and holistic care.