



OPTIMIZING WOMEN'S HORMONES

Session One

Welcome! Menopause 101

Classes featured: Welcome to Optimizing Women's Hormones, Menopause 101, Factors That Affect the Menopause Transition

WHAT YOU NEED TO KNOW:

- Menopause occurs when you haven't had a period for 12-straight months. The average age is 51.
- Overall, 25% of women will have few symptoms, 50% will have symptoms for 8–12 years, and 25% will have symptoms into their 80s.
- Loss of estrogen is linked to a number of health problems, like osteoporosis and heart disease, and presents a greater risk for Alzheimer's disease.
- Common symptoms of menopause are hot flashes, mood fluctuations, weight gain (especially in the abdominal area), vaginal dryness, brain fog, and constipation.
- During perimenopause, the ovaries are “sputtering.” This can cause wild and inconsistent hormone levels of estrogen and progesterone.

Facts from the pros to remember:

- Four women reach menopause every minute.
- Perimenopause can last from 4–13 years.
- Women spend up to 40% of their lives in a postmenopausal state.



HOMEWORK

Assignment

Track any symptoms you may have and everything you eat and drink for three days. Don't worry about writing down exact amounts; the purpose is to make you aware of what you are eating.

Quick notes:

FOOD AND SYMPTOM TRACKING

Do you notice a symptom after eating? How do you feel? What time is it?

Day one

What did I eat and drink?

Symptoms

Day two

What did I eat and drink?

Symptoms

Day three

What did I eat and drink?

Symptoms

Want to track digitally? Check out these free tracking apps: My Fitness Pal, My Plate, Shopwell