



THE PERIMENOPAUSE *Survival Toolkit*TM



Your practical companion
for navigating the unexpected
twists of perimenopause.

Inside:



- ✓ Symptoms guide
- ✓ Daily tools & habits
- ✓ Sleep & stress support
- ✓ Nutrition & blood sugar
- ✓ Questions to ask
- ✓ Labs to consider
- ...and more

*You've
got this.*



MCWellnessHub.com

A LETTER

From One Midlife Woman to Another

Hi friend,

If you're reading this, you're probably wondering what in the world is happening to your body, your mind, and your emotions.

One day you feel like yourself. The next, you don't. Your sleep is off, your patience is thin, your energy is all over the place, and your body seems to have its own agenda.

I get it. I really do.

I've been there too, confused, overwhelmed, and searching for answers that actually made sense.

Perimenopause is not a straight line. It's a winding road with detours, surprises, and the occasional "Are you kidding me?!" moment.

But here's what I've learned: knowledge truly is power. When we understand what's happening and why, we can stop feeling so frustrated and start making choices that support us.

This toolkit is here to be your guide, your cheerleader, and your gentle reminder that you are not falling apart, you're simply in a season of change.

You don't have to figure it out alone. I'm here with you.

Wishing you health and happiness,

Martine

Holistic Perimenopause & Menopause Coach
FMACC, IHP2, HPH, CNP



♥ *Take a Deep Breath*

This toolkit was created to help you feel informed, supported, and empowered.

Take what serves you. Leave what doesn't.
You know your body best.

You've got this, and I've got your back.



A Quick Note

This toolkit is for educational and informational purposes only and is not intended to replace medical advice. Always consult your healthcare provider for personalized guidance.

COULD THIS BE PERIMENOPAUSE?

A Quick Self-Check

Perimenopause looks different for every woman.
Check off the symptoms you've been experiencing
in the past **3 to 12 months**.

HAVE YOU BEEN EXPERIENCING...	YES	SOMETIMES	NO
 Irregular periods or changes in cycle length	☐	☐	☐
 Hot flashes or night sweats	☐	☐	☐
 Trouble sleeping or waking up often	☐	☐	☐
 Fatigue or low energy, even after rest	☐	☐	☐
 Brain fog, forgetfulness, or trouble focusing	☐	☐	☐
 Mood swings, irritability, or feeling anxious	☐	☐	☐
 Bloating or digestive changes	☐	☐	☐
 Unexplained weight gain, especially around your belly	☐	☐	☐
 Less interest in sex or vaginal dryness	☐	☐	☐
 Joint aches or muscle stiffness	☐	☐	☐
 Thinning hair or hair loss	☐	☐	☐
 Dry skin or more sensitive skin	☐	☐	☐
 Headaches or increased PMS symptoms	☐	☐	☐
 Heart palpitations or feeling jittery	☐	☐	☐
 Feeling "off" but can't quite explain why	☐	☐	☐

What Is Perimenopause?

It's the transition before menopause when your hormones start to shift. Symptoms can start in your 30s or 40s and may last several years.

You're not imagining it, and you're definitely not alone.



YOUR SCORE

Count how many symptoms you checked "Yes."

5 or more?

You may be in perimenopause.

1-4 symptoms?

You may be in the early stages or experiencing other factors.

*Trust your body.
You know yourself best.*



Quick Tip

Perimenopause is more than just hot flashes. It affects your whole well-being -- physically, mentally, and emotionally. The good news? You can support your body and feel better.



WHAT IS PERIMENOPAUSE?

Understanding Your Body's Transition

Perimenopause is the natural transition leading up to menopause when your hormones begin to fluctuate and change. It's not an illness, it's a phase. And it's different for every woman.



The Big Idea

Your ovaries gradually produce less estrogen and progesterone. Levels go up and down unpredictably, which can cause symptoms.

*It's temporary, not forever.
You're not broken,
you're becoming.*



WHAT'S HAPPENING INSIDE?



1. OVARIES SLOW DOWN

Your ovaries become less predictable in releasing eggs and produce less estrogen and progesterone.



2. HORMONES FLUCTUATE

Estrogen and progesterone rise and fall unevenly, affecting your body, brain, mood, and energy.



3. CYCLES CHANGE

Periods may become irregular, heavier or lighter, closer together or farther apart, or skip altogether.

A NATURAL JOURNEY

Perimenopause can last anywhere from a few months to 10+ years.



EARLY PERIMENOPAUSE

Subtle changes may begin. Cycles may start to shift.



MID PERIMENOPAUSE

Hormone swings become more noticeable. Symptoms may increase.



LATE PERIMENOPAUSE

Periods become less predictable and may skip more often.



POSTMENOPAUSE

You've gone 12 consecutive months without a period. A new chapter begins.

A NEW CHAPTER

Perimenopause can feel confusing, but it can also be a powerful invitation to:

- ✓ Tune in to your body
- ✓ Optimize your health
- ✓ Release what no longer serves you
- ✓ Build habits that support your future
- ✓ Step into this season with confidence.

You've got this.



This is not the end of anything.

It's the beginning of a more empowered you.



Remember ♥

Knowledge is power, and understanding your body is the first step to feeling better, making smart choices, and thriving in this season.
You are not alone on this journey.



UNDERSTANDING WHAT'S HAPPENING

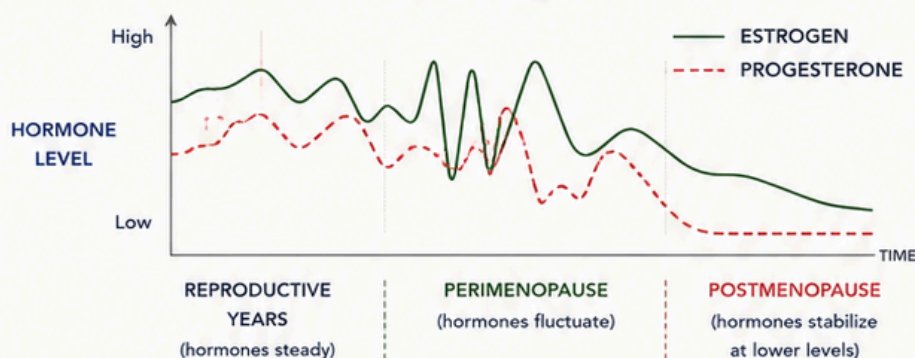
Inside Your Body

Perimenopause isn't just about your periods. It's a whole-body shift that begins when your hormones start to fluctuate. These changes affect more than 50 body systems and can influence how you feel physically, mentally, and emotionally.



HORMONE LEVELS: THE UPS, DOWNS & DETOURS

During perimenopause, estrogen and progesterone don't decline smoothly. They rise and fall unpredictably, creating symptoms that can feel confusing and frustrating.



It's not a straight line. It's a roller coaster.
And that's why symptoms can come and go.

WHY IT FEELS SO DIFFERENT



Hormones affect your neurotransmitters, which impact mood, sleep, and focus.



They influence blood sugar, metabolism, inflammation, and energy production.



They affect your stress response, making you more sensitive to life's pressures.



They play a role in bone density, heart health, and skin elasticity.



When one hormone shifts, it can impact everything connected to it.

Small changes now can create big differences later.



WHOLE BODY IMPACT

Hormone fluctuations can show up in many ways.



SLEEP

Trouble falling asleep, staying asleep, or waking too early.



MOOD & BRAIN

Irritability, anxiety, brain fog, forgetfulness, feeling overwhelmed.



ENERGY

Fatigue, low motivation, or energy crashes in the afternoon.



METABOLISM

Weight gain, especially around the belly, and cravings.



PHYSICAL CHANGES

Hot flashes, night sweats, joint pain, bloating, skin and hair changes.



The Bottom Line



Your body isn't working against you. It's working hard to adjust to change.

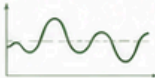
Understanding what's happening is the first step to feeling like yourself again.



THE 3 STAGES of the PERIMENOPAUSE JOURNEY

Perimenopause doesn't happen overnight. It unfolds in stages.
Understanding where you are can help you feel more prepared and less surprised.



STAGE	WHAT'S HAPPENING	COMMON SIGNS	WHAT HELPS
1 EARLY PERIMENOPAUSE <i>The Subtle Shift</i> Often in your 30s–40s	Hormone levels begin to fluctuate. Estrogen may spike or dip. Progesterone starts to become less predictable. 	• Changes in cycle length • PMS feels worse • Bloating • Breast tenderness • Mood swings • Fatigue • Trouble sleeping 	✓ Support blood sugar balance ✓ Prioritize sleep ✓ Manage stress ✓ Eat for steady energy ✓ Move your body most days 
2 MID PERIMENOPAUSE <i>The Roller Coaster</i> Usually in your 40s	Hormones fluctuate more dramatically. Ovulation becomes less consistent and cycles are more unpredictable. 	• Irregular or skipped periods • Hot flashes or night sweats • Sleep disturbances • Brain fog • Irritability or anxiety • Weight gain • Low libido 	✓ Build a nourishing eating pattern ✓ Strength train ✓ Practice stress reset daily ✓ Support detox pathways ✓ Ask for support 
3 LATE PERIMENOPAUSE <i>The Turning Point</i> Late 40s–early 50s	Estrogen and progesterone levels trend downward. Cycles become further apart and symptoms may intensify. 	• Longer gaps between periods • More intense hot flashes • Poor sleep • Joint aches • Mood changes • Skin and hair changes • Heart palpitations 	✓ Prioritize protein ✓ Reduce added sugar and alcohol ✓ Support bone and heart health ✓ Consider targeted supplement support 



There's no "right" way or timeline.
Your journey is yours alone.

You might move through these stages quickly, slowly, or bounce around.
Be patient and be kind to yourself.

Good to Know

Every woman's experience is unique.
This is a general guide,
not a diagnosis.
*Trust your body.
You are the expert
on you.*

Remember

Knowledge is power. The more you understand what's happening inside your body, the more confidence and choices you have to support your health and feel your best.



YOUR GAME PLAN

Small Steps, Big Impact

Perimenopause is your invitation to slow down, tune in, and take charge of your health. You don't have to do everything at once. Start with these six pillars to support your body, mind, and spirit.



1



NOURISH YOUR BODY

- Focus on whole, nutrient-dense foods
- Balance blood sugar
- Stay hydrated and reduce inflammatory foods

*Food is information.
Choose what helps you thrive.*



2



MOVE WITH INTENTION

- Strength train 2–3 times a week
- Add movement you enjoy
- Daily movement supports mood, metabolism, and bones

*Strong body,
strong bones,
strong you.*



3



PRIORITIZE RESTORATIVE SLEEP

- Create a calming bedtime routine
- Keep a consistent sleep schedule
- Support your nervous system for deeper rest

*Better sleep
changes
everything.*



4



MANAGE STRESS & SUPPORT YOUR MIND

- Practice daily stress relief
- Protect your peace
- Mindset matters more than you think

*Calm mind,
stronger
resilience.*



5



SUPPORT YOUR GUT & DETOX PATHWAYS

- Eat fiber-rich foods
- Support digestion and regularity
- Reduce toxin load to support hormone balance

*A happy gut
supports happy
hormones.*



6



BUILD YOUR SUPPORT SYSTEM

- You don't have to do this alone
- Connect with others who get it
- Ask for help and lean on your people

*Community
makes the
journey lighter.*



You're in the Driver's Seat



This is your time to focus on you. You know your body best. Small, consistent actions create powerful change.



TODAY, I WILL...



- ☐ Choose one pillar to focus on
- ☐ Drink more water
- ☐ Move my body in a way that feels good
- ☐ Add one more veggie to my meals
- ☐ Protect my sleep
- ☐ Take a few deep breaths when I feel overwhelmed
- ☐ Do something kind for myself

*Small steps. Every day.
That's how transformation happens.*



Remember ♥

Progress, not perfection. Some days will be easier than others. Be gentle with yourself and celebrate every step forward.

You've got this, and I've got your back.



BLOOD SUGAR RESCUE

Steady Blood Sugar, Steadier You

When blood sugar goes on a roller coaster, so do your energy, mood, cravings, and hormones. Supporting balance helps your body function better, your brain think clearer, and your belly feel a little less stubborn.



WHY IT MATTERS IN PERIMENOPAUSE



Hormonal shifts make your cells less sensitive to insulin.



Blood sugar spikes can increase belly fat storage, especially around your middle.



Spikes and crashes impact mood, focus, and mental clarity.



Unstable blood sugar can disrupt sleep and stress your adrenals.



Steady blood sugar means steady energy, better mood, and fewer cravings.

6 SIMPLE WAYS TO STABILIZE YOUR BLOOD SUGAR



1. START WITH PROTEIN
Include protein at every meal to keep you fuller longer and prevent spikes.



2. ADD FIBER-RICH FOODS
Veggies, flaxseed, chia seeds, beans, and berries slow digestion and support balance.



3. MOVE AFTER MEALS
A 10–15 minute walk after eating helps your muscles use glucose more efficiently.



4. BALANCE YOUR PLATE
Aim for protein + healthy fat + fiber at each meal to keep blood sugar steady.



5. CHOOSE WISELY
Limit sugary foods, refined carbs, and alcohol which can cause big spikes and crashes.



6. MANAGE STRESS & SLEEP
Stress and poor sleep raise cortisol, which can raise blood sugar.

Quick Wins

- ✓ Drink a glass of water before your meals.
- ✓ Swap your afternoon snack for protein + fiber.
- ✓ Take a short walk after dinner.
- ✓ Get to bed on time.

Signs of Blood Sugar Roller Coaster

- Mid-afternoon energy crash
- Cravings for sweets or carbs
- Irritability or anxiety
- Brain fog
- Bloating
- Trouble sleeping
- Stubborn belly fat

Small choices today, big differences tomorrow.



Remember

You don't have to be perfect.
You just need to be consistent most of the time.
Every balanced choice is a vote for the healthy, energized, strong you.

TODAY, I WILL...

- ☐ Add protein to my next meal
- ☐ Take a 10–15 minute walk
- ☐ Choose one smart swap
- ☐ Drink more water
- ☐ Be kind to myself



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SLEEP SOS

Better Sleep, Better Everything

During perimenopause, hormonal changes can make falling asleep, staying asleep, and waking up rested feel nearly impossible. Good news, you can support your body for deeper, more restorative rest.



WHY SLEEP GETS HARDER



Fluctuating estrogen and progesterone affect your sleep regulating brain chemicals.



Hot flashes and night sweats jolt you awake and disrupt your sleep cycles.



An overactive nervous system keeps your mind racing at bedtime and overnight.



Blood sugar dips can wake you up in the night feeling alert and hungry.



Less deep sleep means more fatigue, mood changes, and stubborn weight gain.

7 WAYS TO SUPPORT BETTER SLEEP



1. KEEP A CONSISTENT ROUTINE
Go to bed and wake up at the same time, even on weekends. Your body loves predictability.



2. CREATE A CALM WIND-DOWN
Dim the lights, put away screens, and enjoy a book, a warm bath, or gentle stretching.



3. COOL, DARK, QUIET ROOM
Keep your room cool, dark, and quiet. Blackout curtains or a white noise machine can be game changers.



4. WATCH YOUR TIMING
Avoid caffeine after noon and heavy meals, alcohol, and sugar close to bedtime. They can sabotage your sleep.



5. SUPPORT CALM & RELAXATION
Magnesium, calming herbs, breathwork, and meditation can help quiet your mind and body.



6. MOVE YOUR BODY
Regular movement supports deeper sleep, just avoid intense workouts too close to bedtime.



7. PRIORITIZE DAYTIME HABITS
Natural light in the morning, balanced meals, and managing stress all support your sleep at night.

Small shifts tonight can lead to better tomorrows.

SLEEP QUICK FIXES



Can't fall asleep?
Try a warm mug of herbal tea and slow deep breathing.



Wake up hot?
Keep a cool pack or fan by your bed.



Racing thoughts?
Write it out in a journal and let it go before bed.



Wide awake at 3am?
Try getting out of bed, dim the lights, and read something boring. (Seriously!)

YOUR SLEEP CHECK-IN

Hours of sleep last night: _____
How often did I wake up? _____
How rested do I feel today?



One thing I can improve tonight: _____

Remember



Perfect sleep doesn't exist, but progress does. Be patient with yourself. Your body is doing its best to adjust.

You've got this.

TODAY, I WILL...

- ☐ Stick to my bedtime routine
- ☐ Go to bed a little earlier
- ☐ Create a sleep-friendly space
- ☐ Put my phone away sooner
- ☐ Be gentle with myself
- ☐ Celebrate any small win

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STRESS RESET

Calmer Mind, Healthier You

Stress hits differently in perimenopause. Your body is more sensitive to it, and it takes a bigger toll on your hormones, sleep, mood, and energy. The good news? You can calm your stress and support your nervous system -- one small reset at a time.



WHY STRESS MATTERS MORE NOW



Chronic stress keeps cortisol high, which can lead to belly fat, inflammation, and blood sugar spikes.



It disrupts sleep and makes it harder to fall asleep and stay asleep.



It affects hormones, mood, memory, and your ability to focus.



It can increase anxiety, irritability, and feelings of overwhelm.



It drains your energy and makes everyday tasks feel heavier.

7 WAYS TO RESET STRESS & SUPPORT YOUR NERVOUS SYSTEM



1. BREATHE ON PURPOSE
Use slow, deep belly breathing daily. It tells your body it's safe to relax.



2. MOVE TO RELEASE
Movement burns off stress chemicals and boosts feel-good endorphins.



3. CREATE CALM MOMENTS
Add micro-moments of calm throughout your day -- even 2 minutes makes a difference.



4. PROTECT YOUR SLEEP
Good sleep is your body's best stress reset. Make it a priority.



5. SET BOUNDARIES
Say no without guilt. Your time and energy are precious resources.



6. NURTURE CONNECTIONS
Talk, laugh, and spend time with people who lift you up and make you feel seen.



7. DO WHAT FILLS YOU
Make time for joy -- music, reading, gardening, or whatever lights you up.



You can't eliminate stress, but you can build resilience.
SMALL CHOICES. DAILY PRACTICE. BIG CHANGE.



STRESS CHECK-IN

Rate your stress today:



Top 3 things on my mind:

1. _____
2. _____
3. _____

Remember



When you take care of your nervous system, your whole body benefits.

You deserve to feel calm, capable, and in control again.



Calm in Minutes



PAUSE & BREATHE

Take three slow, deep breaths. Longer exhales signal safety to your nervous system.



GROUND YOURSELF

Notice five things you see, four you feel, three you hear, two you smell, and one you taste.



RESET YOUR BODY

Roll your shoulders, unclench your jaw, and stretch your neck. Tension loves to hide here.



GET OUTSIDE

Fresh air and natural light lower cortisol and lift your mood.



JOURNAL IT OUT

Write down what's on your mind. Getting it out helps you let it go.

You can't always control what happens, but you can choose how you respond.



TODAY, I WILL...



- ☐ Take 3 deep breaths often
- ☐ Step away from stress triggers
- ☐ Move my body in a way that feels good
- ☐ Do one thing just for me
- ☐ Be kind to myself



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MOVEMENT

THAT

Loves Your Hormones

The right kind of movement supports your hormones, boosts your mood, builds strength, and helps you feel amazing in your body.
It's not about doing more -- it's about doing what works for you.



WHY MOVEMENT MATTERS IN PERIMENOPAUSE



Helps balance blood sugar and support healthy weight



Builds and protects bone density and muscle mass



Supports mood, reduces anxiety, and improves brain health



Improves sleep quality and helps your body recover



Boosts energy, metabolism, and overall resilience

Movement is Medicine

You don't need intense workouts. You need consistent, smart movement that supports your changing body.

Find what feels good, and your body will thank you.

5 TYPES OF MOVEMENT YOUR BODY LOVES



STRENGTH TRAINING

Builds muscle, supports bones, and boosts metabolism.

- ♥ 2-3 times per week
- ♥ Examples: Weights, resistance bands, bodyweight exercises, Pilates



CARDIO THAT CARES

Supports heart health, mood, and endurance.

- ♥ 150 minutes per week
- ♥ Examples: Brisk walking, cycling, dancing, hiking, swimming



FLEXIBILITY & MOBILITY

Keeps joints happy, improves posture, and reduces stiffness.

- ♥ Daily or as needed
- ♥ Examples: Stretching, yoga, foam rolling, gentle mobility



BALANCE & COORDINATION

Reduces fall risk and supports confidence as you age.

- ♥ 2-3 times per week
- ♥ Examples: Balance exercises, tai chi, dance, single-leg moves



RESTORATIVE MOVEMENT

Calms your nervous system and supports recovery.

- ♥ Daily is ideal
- ♥ Examples: Yoga nidra, walking in nature, gentle stretching, qigong

MOVEMENT BEST PRACTICES

- ✓ Start where you are. Small steps count.
- ✓ Aim for consistency over intensity.
- ✓ Listen to your body—rest is productive.
- ✓ Move in a way that feels fun, not like a chore.
- ✓ Mix it up! Variety keeps it interesting and prevents injury.
- ✓ Support your body with good nutrition, hydration, and sleep.

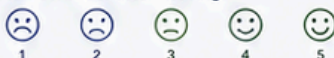
Strong, flexible, and energized—that's the goal, not perfect.

MOVEMENT CHECK-IN

How did I move my body this week?

- ☐ Strength training _____ times
- ☐ Cardio _____ minutes
- ☐ Flexibility / Mobility _____ times
- ☐ Balance _____ times
- ☐ Restorative movement _____ times

Rate how I feel after moving:



Remember



Progress, not perfection.

Every time you show up for your body, you're building a stronger, healthier you.

Your future self is cheering you on.

TODAY, I WILL...

- ☐ Move my body in a way that feels good
- ☐ Do one strength training exercise
- ☐ Get my heart rate up
- ☐ Stretch or practice mobility
- ☐ Take a short walk
- ☐ Celebrate what my body can do

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Move with kindness. Live with joy.

QUESTIONS TO ASK YOUR DOCTOR

You Know Your Body Best—Let's Get Answers

You deserve a healthcare partner who listens, looks deeper, and helps you create a plan that supports your whole self. These questions can help you have more productive, empowering conversations. ♥



FOCUS AREAS TO COVER



Hormones
& Cycle
Changes



Labs &
Root Cause
Testing



Symptoms
& Daily
Struggles



Bone, Heart
& Metabolic
Health



Treatment
Options
& Support



Plan, Follow-Up
& Ongoing
Support

Tips for a Great Appointment

- ✓ Write down your symptoms and how they're affecting your life.
- ✓ Bring a list of medications, supplements, and family history.
- ✓ Be honest about what you've tried and what hasn't helped.
- ✓ Ask for clear explanations and next steps.
- ✓ You are the expert on you. Your voice matters.

QUESTIONS TO CONSIDER ASKING

- 1 **WHAT'S HAPPENING IN MY BODY?**
Are my symptoms related to perimenopause?
What's causing them?
- 2 **WHAT TESTS DO I NEED?**
Which hormone and other labs should we check?
Should we look beyond basic labs?
- 3 **WHAT ARE MY OPTIONS?**
What treatment options do you recommend for me?
What are the risks, benefits, and alternatives?
- 4 **COULD THIS BE MORE THAN HORMONES?**
Could thyroid, adrenal, insulin resistance, gut health,
or inflammation be contributing?
- 5 **HOW WILL WE TRACK PROGRESS?**
How will we know if the plan is working?
When should we follow up?
- 6 **WHAT CAN I DO ON MY OWN?**
What lifestyle, nutrition, or supplement changes
would you recommend?
- 7 **WHAT ABOUT BONE & HEART HEALTH?**
How can we protect my bones and heart
during this transition?
- 8 **HOW WILL THIS IMPACT ME LONG TERM?**
What should I watch for as I move into
postmenopause?
- 9 **WHAT IF I DON'T WANT HORMONE THERAPY?**
What other effective options do I have?
- 10 **DO YOU HAVE EXPERIENCE WITH MENOPAUSE CARE?**
How many women in perimenopause do
you work with?
- 11 **WHO ELSE CAN HELP?**
Are there other specialists or practitioners
you recommend?
- 12 **WHAT'S THE PLAN?**
Can we create a plan together that includes
and supports my goals?

Bring This With You

- ☐ Symptom diary (what, when, severity, and impact)
- ☐ List of medications and supplements
- ☐ Menstrual cycle history (when applicable)
- ☐ Family health history
- ☐ Your health goals and priorities

*Preparation today leads
to better answers tomorrow.*

*There are no silly questions when it comes to your health.
Curiosity is your superpower.*

Remember

You deserve to feel heard, respected, and supported. There is no "one size fits all" when it comes to midlife health. The right plan is the one that works for you.

*Trust yourself. Speak up. Keep asking.
You are your best advocate.*

LABS WORTH KNOWING

Knowledge is power. The right labs help you find the real reason behind your symptoms.

Labs don't tell the whole story, but they provide important clues. These are the key tests that can help uncover imbalances, assess risks, and guide a plan that's right for you.



WHERE LABS CAN HELP



HORMONES

Understand shifts that impact mood, sleep, energy, and more.



THYROID

Rule out thyroid issues that mimic or worsen symptoms.



BLOOD SUGAR

Spot insulin resistance and patterns that affect weight and energy.



BONES

Check bone density and key nutrients for strong bones.



HEART HEALTH

Assess cholesterol, inflammation, and other risk factors early.



GUT & NUTRIENTS

Evaluate gut health and nutrient levels that affect how you feel.

KEY LABS TO CONSIDER



Hormones

- Estrogen (E2, Estrone, Estril)
- Progesterone
- Testosterone
- DHEA-S
- Sex Hormone Binding Globulin (SHBG)
- FSH, LH

WHAT IT SHOWS

Hormone levels and patterns through your cycle and transition.

WHY IT MATTERS

Helps explain symptoms like hot flashes, mood swings, low libido, and irregular cycles.



Thyroid

- TSH, Free T4, Free T3
- Reverse T3
- Thyroid Peroxidase Antibodies (TPOAb)

Thyroid function and autoimmune thyroid conditions.

Thyroid issues can cause fatigue, weight gain, constipation, and brain fog.



Blood Sugar & Metabolism

- Fasting Glucose
- Hemoglobin A1c
- Fasting Insulin
- HOMA-IR
- Lipid Panel

Blood sugar control, insulin sensitivity, and cardiovascular risk factors.

Balances energy, curbs cravings, and supports weight management.



Inflammation & Immune Health

- hs-CRP
- ESR
- ANA (if indicated)

Levels of inflammation and autoimmune activity.

Chronic inflammation can drive symptoms and disease risk.



Bone Health & Nutrients

- Vitamin D
- Calcium
- Magnesium
- Parathyroid Hormone (PTH)

Bone stability and key nutrients for strong bones.

Supports bone density and reduces risk of osteopenia and osteoporosis.



Gut & Nutrient Status

- Ferritin & Iron Panel
- Vitamin B12 & Folate
- Zinc, Magnesium
- Omega-3 Index (optional)
- GI Map or Stool Test (if indicated)

Nutrient levels and gut health that impact hormones, immunity, and mood.

Deficiencies and gut imbalances can affect energy, mood, skin, and more.

GET THE MOST OUT OF YOUR LABS

- ✓ Ask why each test is recommended.
- ✓ Test at the right time (cycle day, fasting, etc.).
- ✓ Share all symptoms, even the ones that feel "small."
- ✓ Review trends, not just one number or "in range."
- ✓ Ask what your results mean for you not someone else.
- ✓ Follow up with an action plan.

You deserve answers and a plan that fits your unique body.

QUESTIONS TO ASK

- ♥ Which labs will give us the most useful information right now?
- ♥ Do we need to test hormones multiple times?
- ♥ Should I test for insulin resistance?
- ♥ Could nutrient deficiencies be contributing to my symptoms?
- ♥ How will these results change my treatment plan?

Remember

You are more than a lab result. Your story matters. You deserve to feel heard, supported, and empowered. Keep asking. Keep learning. Keep showing up for you.



LAB TIP

Bring a notebook or use your phone to jot down questions before and during your appointment. Future you will thank you!



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YOUR PERIMENOPAUSE TOOLBOX

Small Tools. Big Impact. Real Results.

You don't need to do everything at once. Start with what will help you the most right now. These tools can support your hormones, energy, mood, and more one simple step at a time. ♥



THE 6 PILLARS OF SUPPORT



NOURISH
Balanced blood sugar, nutrient dense foods, and hydration.



MOVE
Strength, cardio, flexibility, and movement you enjoy.



CALM
Stress relief, mindset, and nervous system support.



RESTORE
Quality sleep, recovery, and time to recharge.



HEAL
Gut health, detox support, and reducing inflammation.



THRIVE
Connection, joy, purpose, and feeling like you again.

Daily Wins

Tiny actions create big change. Try adding one or two of these each day.

- ☐ Drink a big glass of water
- ☐ Eat protein at every meal
- ☐ Take a 10-minute walk
- ☐ Do 3 deep belly breaths
- ☐ Get outside for natural light
- ☐ Prioritize 7-8 hours of sleep
- ☐ Do one thing that makes you smile

*Small steps today.
Stronger you tomorrow.*

TOOLS TO HAVE IN YOUR TOOLBOX



SYMPTOM TRACKER
Track patterns so you can find what's really going on.



MEAL & MOOD LOG
See how food, meals, and timing affect your energy and mood.



BREATHWORK & RELAXATION
Simple techniques to calm your mind and body fast.



SLEEP RITUALS
Create a wind-down routine that supports deep, restful sleep.



QUALITY SUPPLEMENTS
Fill in nutrient gaps and support your unique needs.



SELF-CARE NON-NEGOTIABLES
Small daily doses of care that make a big difference.



YOUR SUPPORT CREW
Surround yourself with people who lift you up.



EDUCATION & EMPOWERMENT
Keep learning so you can make confident, informed choices.

You are the expert on your body. These tools help you listen, learn, and lead.

Build Your Toolbox

Start with 3 tools that feel most helpful right now.

1. _____
2. _____
3. _____



You don't need everything. Just what helps you right now. ♥

When Things Feel Overwhelming

- Take a breath.
- Choose one thing.
- Do it as a gift to yourself.
- Celebrate the win, no matter how small!



Remember

You don't have to be perfect. You just have to be committed to you.

You're doing better than you think.



Today, I Will...

- ☐ Choose one tool from my toolbox
- ☐ Take one step toward my goals
- ☐ Be gentle with myself
- ☐ Trust the process
- ☐ Keep showing up for me



Quick Note

This information is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult with your healthcare provider for personalized advice.

A LETTER

From Me to You

You're not broken. You're becoming.

Dear Beautiful You,

If someone had told me that perimenopause would feel like a plot twist, I didn't see it coming, I would've laughed and then probably cried a little.

One day I was "fine" (or at least functioning), and the next, my body had a whole new set of rules. Hot flashes. Sleepless nights. Mood swings that made zero sense. Belly fat that showed up uninvited. Brain fog that made me forget why I walked into a room. It was confusing, frustrating, and at times, downright exhausting.

But here's what I've learned, this season isn't the end of you. It's an invitation to get curious about your health, listen to your body, and build a life that supports the woman you're becoming.

You don't have to figure it out alone. I created this toolkit- the exact resources I wish I had, to help you feel informed, empowered, and supported every step of the way.

Use it. Bookmark it. Come back to it when you need a reminder that small changes really do create big results. And when life feels messy (because it will), be gentle with yourself. Healing isn't always linear, and progress isn't always loud.

You are allowed to take up space. You are allowed to feel amazing again.

Thank you for trusting me to be part of your journey. It's an honor.

I'm cheering you on -- always.

Wishing you health and happiness.

Martine ♥

Your Holistic Perimenopause & Menopause Coach



When You Forget...

- ♥ This is temporary.
- ♥ Your body is wise.
- ♥ Small steps matter.
- ♥ You are doing better than you think.
- ♥ You are not alone.
- ♥ You are enough, exactly as you are.

CELEBRATE THE WINS



Every small win is progress. Notice it. Celebrate it. It all adds up.

TRUST THE PROCESS



There's no perfect path, just your path. Trust the process and keep going.

KEEP YOUR VILLAGE CLOSE



Surround yourself with people who uplift you, support you, and remind you who you are.



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You deserve to feel vibrant, confident, and fully alive.

A LOVING Disclaimer

Everything in this toolkit is shared from my experience, education, and training as a Certified Holistic Nutritionist and Holistic Perimenopause & Menopause Coach. My goal is to help you better understand your body and feel more confident as you navigate this stage of life.

The information provided is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease, nor should it replace personalized medical advice from your physician or qualified healthcare provider.

Every woman is unique. Your health history, genetics, lifestyle, medications, and personal circumstances all play a role in determining what is right for you. I encourage you to use this guide as a starting point for meaningful conversations with your healthcare team and to make informed decisions based on your individual needs.

Thank you for allowing me to be part of your midlife journey. It truly is an honor.

Wishing you health and happiness,
Martine ♥



“
*You are not
starting over.*

You are starting
with wisdom.

”



*Holistic Perimenopause &
Menopause Coach*





My Notes



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My Notes



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