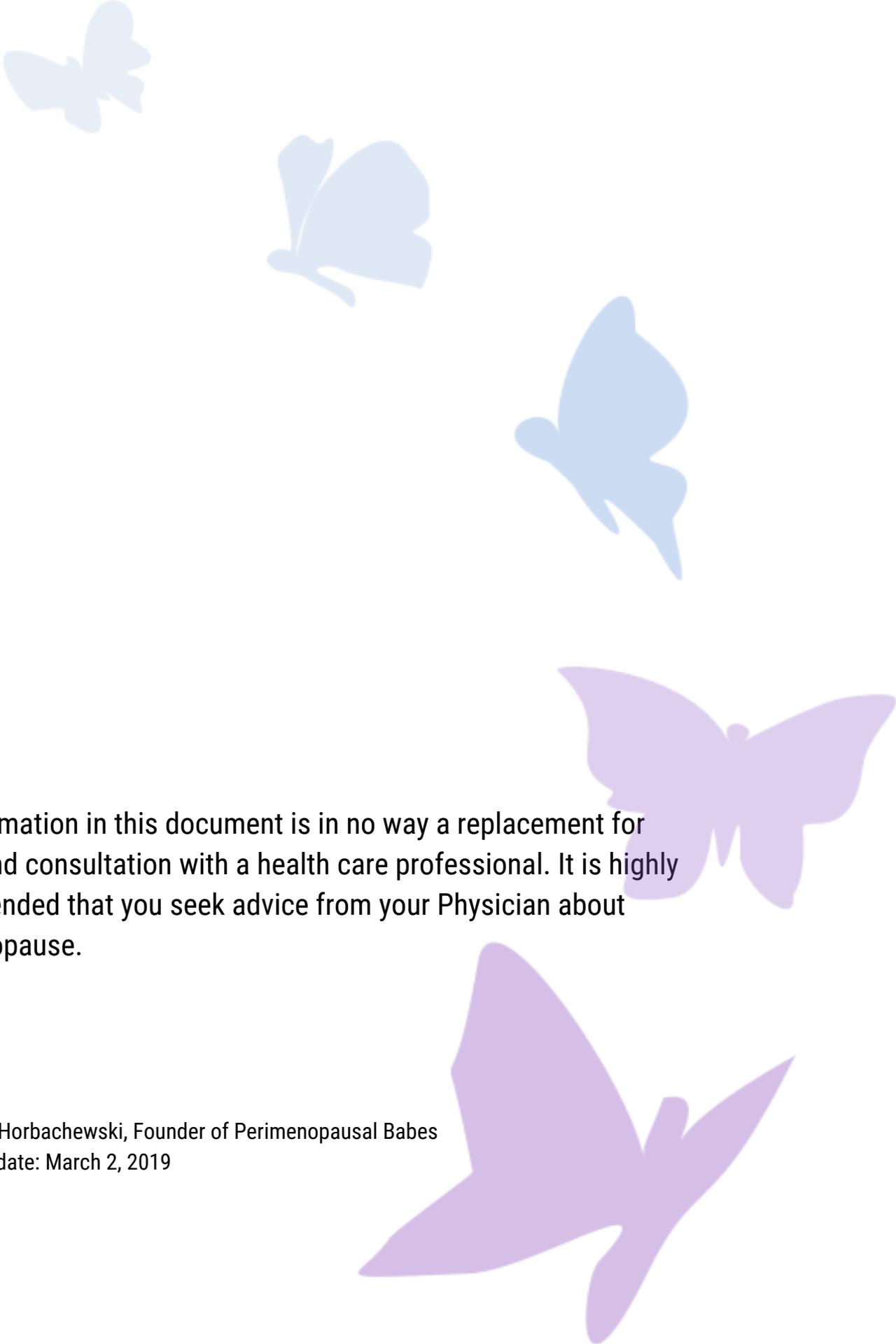


A Simple Guide to
Perimenopause

PERIMENOPAUSAL

Babes





The information in this document is in no way a replacement for advice and consultation with a health care professional. It is highly recommended that you seek advice from your Physician about Perimenopause.

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What is Perimenopause?

Almost every woman is aware at some level about menopause. How many however, know exactly what menopause is? How many women, know what Perimenopause is? I know for myself, I knew menopause existed, and was aware it was some time in my fifties, that's it. What I did not know anything about, was perimenopause and the significant effect it would have on my life.

Menopause is ONE day, yes that's right, one day in time that marks the day a woman has not had a period for 12 months.

Postmenopause is the time in a woman's life after Menopause.

Perimenopause, however, is a transitional period of time in a woman's life leading up to menopause that can last anywhere from a couple of months to 13 years. There is a significant difference here. How could I have not known about this?

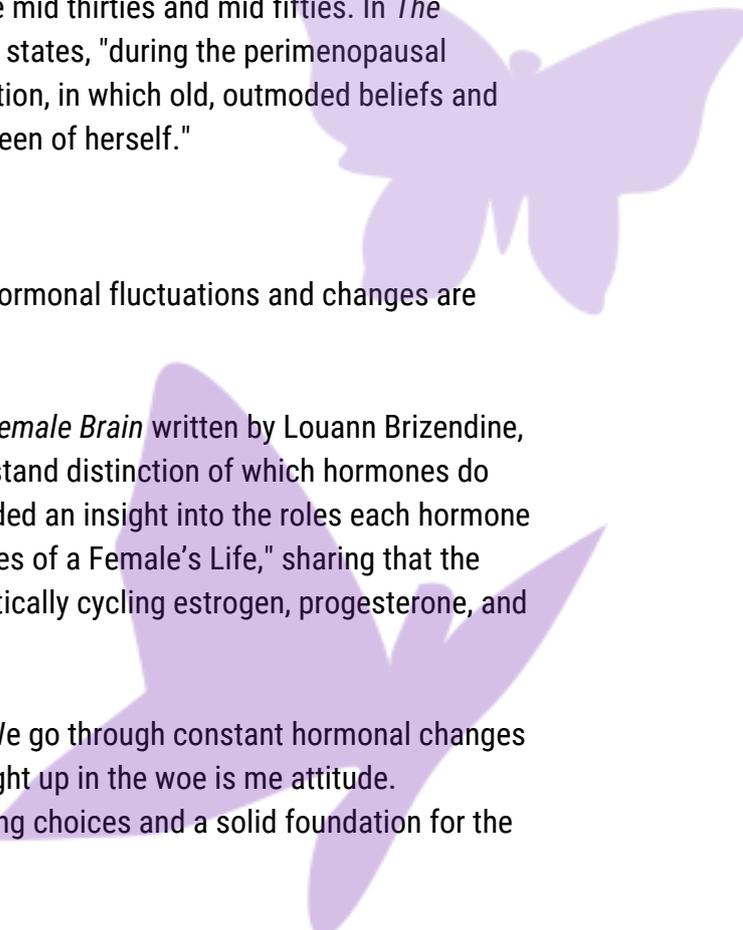
Some refer to perimenopause as a second puberty. Others relate it to severe PMS. What perimenopause is not, is a disease. Put quite simply, perimenopause is a gradual transition into menopause. It's your body's way of preparing you for the changes in the second half of your life. Perimenopause usually occurs some time between the mid thirties and mid fifties. In *The Wisdom of Menopause Journal*, Dr Christiane Northrup states, "during the perimenopausal transition a woman is going through a profound transition, in which old, outmoded beliefs and behaviors gradually fade away as she becomes the queen of herself."

What causes Perimenopause?

During the perimenopausal transition a great deal of hormonal fluctuations and changes are occurring.

An incredibly entertaining and informative book, *The Female Brain* written by Louann Brizendine, M.D., provided me the most simple and easy to understand distinction of which hormones do what. "The Cast of Neuro-Hormone Characters" provided an insight into the roles each hormone plays in the female body. She also explains the "Phases of a Female's Life," sharing that the major hormone change during perimenopause is "erratically cycling estrogen, progesterone, and testosterone."

"Great," you say, "isn't it wonderful being a woman?" We go through constant hormonal changes throughout our lives and now this! It's easy to get caught up in the woe is me attitude. Perimenopause is an opportunity to create healthy living choices and a solid foundation for the second half of our lives.



Signs of Perimenopause

The most in-depth list of signs of perimenopause I found was in the book *Before the Change, Taking Charge of Your Perimenopause* by Ann Louise Gittleman, PhD, CNS.

It's important to note, many women journey through this transitional time without any signs. Others may experience mild signs that slightly impact their day to day lives. Some however, go through this time believing they are going crazy and feeling as if their world is turned upside down.

- Acne
- Allergies
- Anger
- Ankles or feet swelling
- Anxiety
- Backache
- Bloating
- Blood sugar imbalance
- Blood sugar level reduction
- Bone loss
- Breast sagging
- Breast tenderness
- Depression
- Facial hair
- Fatigue
- Feelings of being crazy
- Fibrocystic breasts
- Fuzzy thinking
- Hair loss or thinning
- Headaches
- Heart palpitations
- Hot flashes
- Hypothyroidism
- Hysteria
- Insomnia
- Irritability
- Joint pain
- Leg cramps
- Memory problems
- Menstrual cycle irregularities
- Migraines
- Mood swings
- Muscular weakness
- Night sweats
- Panic attacks
- Sexual desire loss
- Skin aging and dryness
- Skin itching and crawling
- Skin spots (liver or age spots)
- Stomach cramps
- Urinary incontinence
- Urinary infections
- Uterine fibroids
- Vaginal dryness
- Water retention
- Weeping
- Weight gain
- Weight loss inability

What can I do?

Now more than ever, taking charge of your mental and physical health is of paramount importance. The list of things you can do for yourself is limitless and dependent on each individual woman and the signs they are experiencing. Most importantly this is a time in your life to focus on the health of your mind, body and spirit.

Speak with your health professional, talk with other women, educate yourself and most importantly give yourself the grace, kindness, compassion and the self-love you so desperately need and deserve.

Join Perimenopausal Babes as we open up conversations, educate, inspire and provide opportunities to connect with other women going through perimenopause.



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