

Thriving through Perimenopause:

Strategies for a Smooth Transition

The perimenopausal phase offers us a glimpse into our patient's overall health as it can reveal and amplify any underlying health problems. By taking a proactive approach to existing health conditions we can facilitate a smoother menopause and lower the risk of chronic disease.

We need to support the ability to thrive, not just to survive.



BRAIN

Common Challenges:

Mood & sleep disturbances, headaches/migraines, memory loss, hot flushes/night sweats, stress intolerance, ↓ cognition, ↓ sexual desire

Relief and Restoration:

Magnesium: Anxiolytic, ↓ migraines & hot flushes
Glycine: Deeper, restorative sleep
Taurine: ↓ night sweats, ↑ energy levels
Lemon Balm: Calms emotions, ↑ memory
Passionflower: Anxiolytic, promotes sleep, steadies the mind
Withania: Supports mood, ↓ inflammation, ↓ hot flushes
Shatavari: ↑ libido, ↑ stress resistance
Black cohosh: Hormone-modulating, promotes sleep, ↓ sweating
Zizyphus: Restores sleep, ↓ hot flushes
Sage: Prevents cognitive decline, ↑ mental sharpness, ↓ hot flushes
Rehmannia: ↑ stress resistance
Milk Thistle: Supports cognition, ↓ hot flush frequency & severity
Saffron: Promotes emotional balance, ↓ anxiety, neuroprotective
Omega 3: ↑ mood, ↑ lean body mass, anti-inflammatory
Turmeric: Improves cognition, neuroprotective



THYROID

Common Challenges:

Thyroid hormone dysregulation, weight gain, fatigue, hair loss

Relief and Restoration:

Lemon balm, withania & myo-inositol: Support thyroid function; normalises thyroid antibodies



HEART

Common Challenges:

Palpitations, ↑ blood pressure, ↑ cardiovascular disease risk

Relief and Restoration:

Magnesium: Hypotensive, anti-inflammatory, ↓ risk of CVD
Taurine: ↓ oxidative stress, normalises BP, ↓ cholesterol
Milk thistle: Cardioprotective, hypotensive
Turmeric: Hypotensive, ↓ cholesterol, antioxidant, anti-inflammatory
Omega-3: Cardioprotective, hypotensive, ↓ triglycerides, anti-inflammatory
Myo-inositol: ↓ triglycerides, blood sugar levels & BP



BREASTS

Common Challenges:

Pain & tenderness

Relief and Restoration:

Iodine: ↓ pain, stabilises and downregulates oestrogen receptors, treats fibrocystic breast disease
Vitamins B6 & E: relieve cyclic breast pain via antioxidant activity, prostaglandin modulation, ↑ serotonin & dopamine



RED BLOOD CELLS

Common Challenges:

Iron deficiency anaemia, fatigue

Relief and Restoration:

Glycine & taurine: ↑ iron stores, ↓ fatigue and brain fog, ↑ immunity



LIVER

Common Challenges:

Liver disease, T2DM, ↓ oestrogen detoxification, ↑ oxidative stress

Relief and Restoration:

Myo-inositol: Exerts insulin-like activity, reverses liver disease
Glycine: ↑ detoxification & glucose tolerance
Taurine: Protects against T2DM and obesity
Milk thistle: Supports glucose balance and insulin sensitivity
Magnesium: Protects against T2DM
Turmeric: Hepatoprotective, ↑ liver function



REPRODUCTIVE ORGANS

Common Challenges:

Vaginal dryness, atrophy, ↓ sexual pleasure. Partial hysterectomy – cycling is possible with symptoms, but no bleed. Full hysterectomy – immediate menopause

Relief and Restoration:

Lemon Balm, passionflower & withania: Aphrodisiac
Magnesium: Relaxes the uterus, anti-inflammatory
Turmeric: Antispasmodic, anti-inflammatory, ↓ blood loss



BONE

Common Challenges:

Osteoporosis, joint pain

Relief and Restoration:

Magnesium: ↑ bone formation by activating vitamin D
Glycine & taurine: Osteoprotective



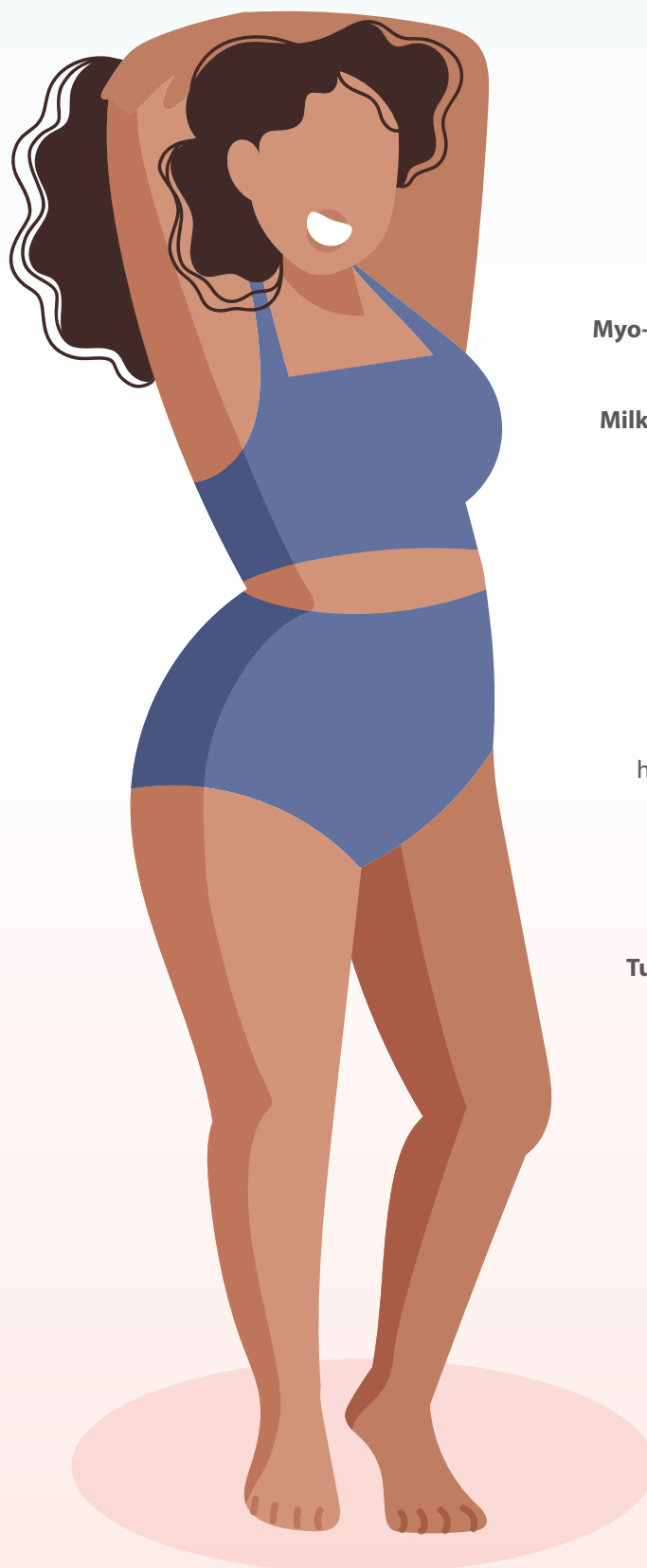
MUSCLE

Common Challenges:

Aches and pains, sarcopenia

Relief and Restoration:

Magnesium: ↓ cramping, relaxes muscles
β-Hydroxy-β-Methylbutyrate (HMB): ↑ protein synthesis, promotes lean body mass & protects against skeletal muscle loss



Nutrient/Herb and Dose	Action	Mechanism
Magnesium 300-600mg/d	NMDA receptor agonist, GABAergic activity, cardioprotective, osteoprotective, analgesic, metabolic mediator	- Soothes anxiety and calms the brain via GABAergic action. Regulates sleep by normalising progesterone and increasing melatonin¹ - Stabilises the HPA axis¹ - Counteracts the vascular and neurogenic mechanisms of migraines and menstrual pain and reduces hot flushes by up to 50%.^{1,2} - Addresses the hypomagnesaemia associated with thyroid and other endocrine disorders³ - Promotes metabolic flexibility¹ - Builds bone by activating vitamin D⁴ - Regulates cardiac function; deficiency associated with CVD⁵ - Improves glucose homeostasis and insulin sensitivity³
Taurine 2-4g/d	Cardioprotective, hypotensive, GABAergic activity, antioxidant, neuroprotective, metabolic mediator, osteoprotective	- Counteracts depletion from HRT and long term oestrogen therapy as well as fluctuating levels of oestrogen in early perimenopause¹ - Reduces hot flushes and night sweats by 50%.¹ - Promotes oestrogen detoxification⁶ - Reduces anxiety and improves mood via GABAergic activity⁷ - Improves energy levels: supports mitochondrial function, stabilises the electron transport chain and inhibits ROS⁸ - Raises haemoglobin levels by increasing the half-life of red blood cells and lowers blood pressure⁹ - Supports the brain through its temporary energy crisis¹ - Improves insulin sensitivity and prevents obesity⁶ - Counteracts bone mineral density loss⁸ - Quenches the oxidative stress and inflammation associated with CVD¹
Glycine 2-6g/d	NMDA receptor agonist, hypotensive, hepatoprotective, osteoprotective, metabolic mediator	- Reverses climacteric chaos and calms the brain by inhibiting glutamate¹ - Induces deeper, restorative sleep¹ - Deficiency associated with obesity, T2DM and NAFLD¹⁰ - Exerts an oestrogen-like osteoprotective effect¹¹ - Lowers blood pressure, improves glucose tolerance and plasma markers of oxidative stress¹⁰ - Improves liver detoxification and conjugates salicylates¹⁰ - Increases iron stores by improving haeme synthesis, reducing fatigue and brain fog¹⁰
Myo-inositol 4g/d	Metabolic mediator, hepatoprotective, cardioprotective	- Mimics insulin, restores glucose homeostasis¹² - Restores thyroid function for hypothyroid patients¹³ - Improves metabolic syndrome parameters¹⁴ - Prevents liver disease¹⁵
Omega-3 1-3g/d (DHA/EPA)	Hypotensive, cardioprotective, neuroprotective, antidepressant, hepatoprotective, anti-inflammatory	- Increases lean body mass, resting metabolic rate and fat oxidation¹⁶ - Improves metabolic syndrome parameters; reduces T2DM and CVD risk¹⁷ - Ameliorates inflammation and reduces triglyceride deposition in the liver¹⁸ - Improves serotonergic transmission; resembles SSRIs, reducing depressive symptoms¹⁹ - Reduces hot flush frequency and severity¹⁹
Lemon Balm 3-12g/d	Carminative , antispasmodic, aphrodisiac, hormone-modulating, antidepressant	- Calms the emotional storm and magnifies memory²⁰ - Shown to decrease depression, anxiety, stress, and sleep disorders in patients with angina²¹ - Relaxes muscles and promotes cardiac homeostasis²² - Shown to significantly increase arousal, lubrication, orgasm and sexual satisfaction²³ - Normalises thyroid function, supporting healthy hormone levels²⁴
Passionflower 3-8g/d	Anxiolytic, aphrodisiac	- Highest natural GABA content of 21 examined plants²⁵ - Traditionally used for restlessness, anxiety and insomnia²⁶ - Comparable to drugs oxazepam and midazolam²⁷ - Improves sexual desire²⁸

Nutrient/Herb and Dose	Action	Mechanism
Withania 3-6g/d	Nervine, sedative, aphrodisiac, anti-arrhythmic, anti-inflammatory, hypotensive, neuroprotective	- Regulates the nervous system, improving mood and reducing irritability²⁹ - Normalises thyroid function in subclinical hypothyroid patients³⁰ - Improves arousal and sexual function³⁰ - Enhances memory, executive function, attention and information processing speed³¹ - Reduces hot flushes and night sweats via GABAergic action on gonadal hormones²⁹ - Restores healthy sleep patterns³² - Used traditionally to lower blood pressure³³
Curcuminoids 100-500mg/d	Neuroprotective, hepatoprotective, cardioprotective, anti-inflammatory, antioxidant	- Improves glycaemic and lipid profiles in metabolic syndrome³⁴ - Reduces neuroinflammation, improves neurogenesis and brain plasticity – preserving cognitive abilities³⁴ - Boosts antioxidant and anti-inflammatory capacity in the absence of oestrogen³⁴ - Counteracts fat-mediated insulin resistance³⁴ - Reduces hot flushes (with vitamin E) in postmenopausal women via antioxidant activity³⁴
Shatavari 3-12g/d	Nervine, adaptogenic, neuroprotective, rejuvenative tonic	- Reduces fluid retention³⁵ - Improves libido, depression and cognitive function³⁵ - Supports adaptation to increased stress³⁵ - Attenuates oxidative damage by elevating glutathione peroxidase²⁴
Black cohosh 40-200mg/d	Nervous system restorative, anti-climacteric, hormone-modulating, anti-inflammatory, antioxidant	- Binds to and modulates key central nervous system receptors involved in thermoregulation, mood, and sleep³⁶ - Attenuates body weight gain and intra-abdominal fat accumulation²⁴ - Prevents osteoporosis, increasing osteoblast activity²⁴ - Exerts dopaminergic activity, improving mood²⁴
Sage 3-12mg/d	Neuroprotective, anti-inflammatory, aphrodisiac, antidepressant	- Normalises thyroid function³⁷ - Reduces night sweats by inhibiting acetylcholinesterase³⁷ - Enhances cognition by prolonging acetylcholine in the synaptic cleft; protects neurons against amyloid plaque toxicity³⁸ - Improves libido, anxiety and depression³⁸
Rehmannia 1-2g/d	Adrenal restorative, neuroprotective, hormone-modulating, osteoprotective	- Prevents neuronal death and reduces cognitive impairment³⁹ - Strengthens the stress response³⁹ - Regulates abnormal thyroid hormone levels³⁹ - May enhance bone metabolism in osteoporosis³⁹
Milk Thistle 6-12g/d	Hormone-modulating, cardioprotective, neuroprotective, hepatoprotective, anti-inflammatory, antioxidant, osteoprotective	- Reduces frequency and severity of hot flushes⁴⁰ - Mitigates oestrogen fluctuations⁴⁰ - Anti-hypertensive, anti-atherosclerotic, improves endothelial function⁴¹ - Improves glycaemic control and insulin sensitivity⁴¹ - Increases glutathione peroxidase⁴² - Shown to increase bone mineral density (in vitro) by promoting osteoblastogenesis⁴³ - May protect against neurodegenerative diseases by inhibiting microglia activation and inflammation⁴⁴
Saffron 20-100mg/d	Neuroprotective, antidepressant, anxiolytic, cognition enhancer, anti-inflammatory, antioxidant	- Efficacy comparable to standard low-dose antidepressant medications⁴⁵ - Modulates BDNF expression and neurotransmitter pathways⁴⁶ - Significantly improves hot flushes via serotonergic activity⁴⁷ - Inhibits pro-inflammatory mediators⁴⁶ - Supports the stress response, regulating the HPA axis⁴⁵ - Enhances memory, inhibits glutamate excitotoxicity and neuronal death⁴⁸ - Positively modulates antioxidant enzymes (SOD, glutathione peroxidase)⁴⁵

Note: *The nutrients and herbs recommended here can be taken in conjunction with HRT*

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