

THE PERIMENOPAUSE GUIDE

YOUR FIRST STEP TO FEELING BETTER
A SIMPLE HORMONE GUIDE



WELCOME

If you've been thinking, "I feel like I'm falling apart," you're not alone.

This tracker was born from my own experience—years of feeling exhausted, irritable, wired but tired, and honestly, like I was slowly unraveling. I chalked it up to stress, or still being a wreck from parenting, or maybe just aging. But eventually, I realized:

this was perimenopause. And no one had warned me.

My hormones were shifting in ways I didn't understand, and the symptoms showed up in surprising places—my sleep, my brain, my mood, my skin, my energy, even my motivation.

I wasn't falling apart. I was just uninformed and unsupported. That's why I created this simple, powerful guide—to help you connect the dots between your symptoms, your cycle, and your hormones. Because when you know what's going on, you can start to reclaim your energy, your joy, and your clarity.

xo, Megan



UNDERSTANDING HORMONES



WHAT ARE HORMONES?

Hormones, the body's chemical messengers, are integral components of the endocrine system. Produced by various glands, these substances travel through the bloodstream, orchestrating numerous physiological processes. They govern a wide range of functions, from hunger and metabolism to growth, reproduction, and even emotional responses. The delicate equilibrium of hormones is essential for maintaining health, as they influence almost every cell, organ, and function in our bodies..



TYPES OF HORMONES & THEIR FUNCTION

The human body synthesizes a variety of hormones, each serving distinct purposes:

ESTROGEN

This hormone, primarily associated with female reproductive health, plays a critical role in menstrual cycle regulation, pregnancy, and menopause, as well as non-reproductive functions like bone health and skin integrity.

TESTOSTERONE

Central to male reproductive development, testosterone governs features like muscle mass, voice deepening, and facial hair growth. It also contributes to sexual desire and mood regulation in both men and women.

CORTISOL

Often termed the 'stress hormone,' cortisol manages how your body uses carbohydrates, fats, and proteins. It also regulates inflammation, blood pressure, and sleep/wake cycles, becoming particularly active during stress.

PROGESTERONE

Often called the body's "calming hormone," progesterone plays a vital role in regulating the menstrual cycle and supporting pregnancy. It helps balance the effects of estrogen, promotes restful sleep, reduces anxiety, and supports brain health. As progesterone declines in perimenopause—many women experience increased irritability, insomnia, and mood fluctuations.

TYPES OF HORMONES & THEIR FUNCTION

GROWTH HORMONE (GH)

Produced by the pituitary gland, GH stimulates growth and cell reproduction. It's crucial for children's development and also helps maintain tissues and organs throughout life.

THYROID HORMONES (T3 AND T4)

Produced by the thyroid gland, these hormones regulate metabolism, which affects energy use, body temperature, and heart rate.

MELATONIN

Made in the pineal gland, melatonin regulates sleep-wake cycles. It's often used as a supplement to help with sleep problems.

ADRENALINE (EPINEPHRINE)

This hormone is produced by the adrenal glands and is responsible for the "fight-or-flight" response. It increases heart rate, blood pressure, and energy supplies in response to stressful situations.

This is just a small selection of the many hormones that work together to keep the human body functioning properly.

It's important to remember that hormone levels can fluctuate due to various factors like age, stress, diet, and underlying health conditions.





HORMONE IMBALANCES

An imbalance in hormone levels can significantly impact the body's normal functioning. This disruption can result from various factors, such as chronic stress, an unhealthy lifestyle, environmental toxins, or underlying health conditions. Symptoms of hormonal imbalances are diverse, reflecting the affected hormone's role in the body. For example, an imbalance in thyroid hormones can lead to weight changes, fatigue, and mood disturbances, while imbalances in reproductive hormones might affect fertility, menstrual cycles, or sexual function.

HORMONES & LIFESTYLE

Lifestyle choices are profoundly influential in maintaining hormonal balance. Nutrition plays a vital role; certain foods can promote or hinder hormone production. Physical activity, too, directly affects hormonal health, with different types of exercise having varying impacts. Stress management is another critical factor, as chronic stress can lead to elevated cortisol levels, disrupting other hormonal systems. Lastly, sleep quality and quantity significantly affect hormonal regulation, particularly hormones related to stress, metabolism, and mood.



TESTING



There are a few ways to test hormones, but not all of them give you the full picture—especially during perimenopause, when your levels are constantly shifting.

Here's a quick breakdown of the most common options, what they're good for, and what to watch out for.

BLOODWORK (SERUM TESTING)

This is what most doctors run. It's a one-time blood draw that checks hormone levels in your bloodstream.

PROS:

- Easy to access and often covered by insurance
- Good for checking thyroid, vitamin D, iron, blood sugar, and general hormone levels like estrogen, progesterone, testosterone, DHEA, and cortisol
- Useful if you need to rule out major imbalances or get baseline info

CONS:

- Only shows one moment in time, even though hormones can change hour to hour
- Doesn't show how your body is processing hormones (especially estrogen)
- May come back "normal" even when you feel awful
- Providers may not test everything unless you ask specifically
-

Best for: Insurance, thyroid checks, nutrient deficiencies, and big red flags

Not great for: Subtle imbalances, estrogen detox, or cortisol rhythm over the day



TESTING



DUTCH TEST (DRIED URINE TEST FOR COMPREHENSIVE HORMONES)

A urine-based at-home test that measures hormone levels over time, plus how your body breaks them down and eliminates them. Often used by naturopaths and functional medicine doctors.

PROS:

- Shows your daily cortisol rhythm (morning spike, afternoon crash, etc.)
- Tells you how your body is metabolizing estrogen, progesterone, and testosterone
- Offers deeper insights into adrenal health, sleep, energy, and detox pathways
- Helps explain why symptoms might show up even when blood tests look “fine”

CONS:

- Not usually covered by insurance
- Costs \$250–\$400 out of pocket
- You’ll need a practitioner to help interpret it
- Can feel overwhelming if you’re not ready for detailed info

Best for: Women who want root-cause answers or are still feeling stuck after trying “everything”

Not great for: Quick snapshots or beginners who are already overwhelmed



UNDERSTANDING CORTISOL

WIRED BUT TIRED

Cortisol is your body's main stress hormone. It's supposed to protect you—but in midlife, it often does the opposite.

Instead of rising and falling in a calm, predictable rhythm, cortisol starts to spike at the wrong times (like 3AM), crash in the afternoon, or stay on all the time—leaving you anxious, exhausted, edgy, and unable to relax.

Here's the kicker: Cortisol is deeply connected to your other hormones.

When it's high for too long, it can throw off your estrogen, progesterone, thyroid, and even blood sugar.

So if you're dealing with:

- Hot flashes
- Brain fog or mood swings
- Poor sleep
- Irritability over nothing
- Sugar or salt cravings
- Feeling tired no matter what...



ELEVATED CORTISOL



WHY IT HAPPENS:

- Constant stress (from kids, work, life... you know the drill)
- Skipping meals or eating sugar-heavy snacks
- Too much caffeine (especially on an empty stomach)
- Blue light and late-night scrolling
- Drinking wine to unwind (short-term sleepy, long-term wired)
- Low progesterone removes your "calm buffer"
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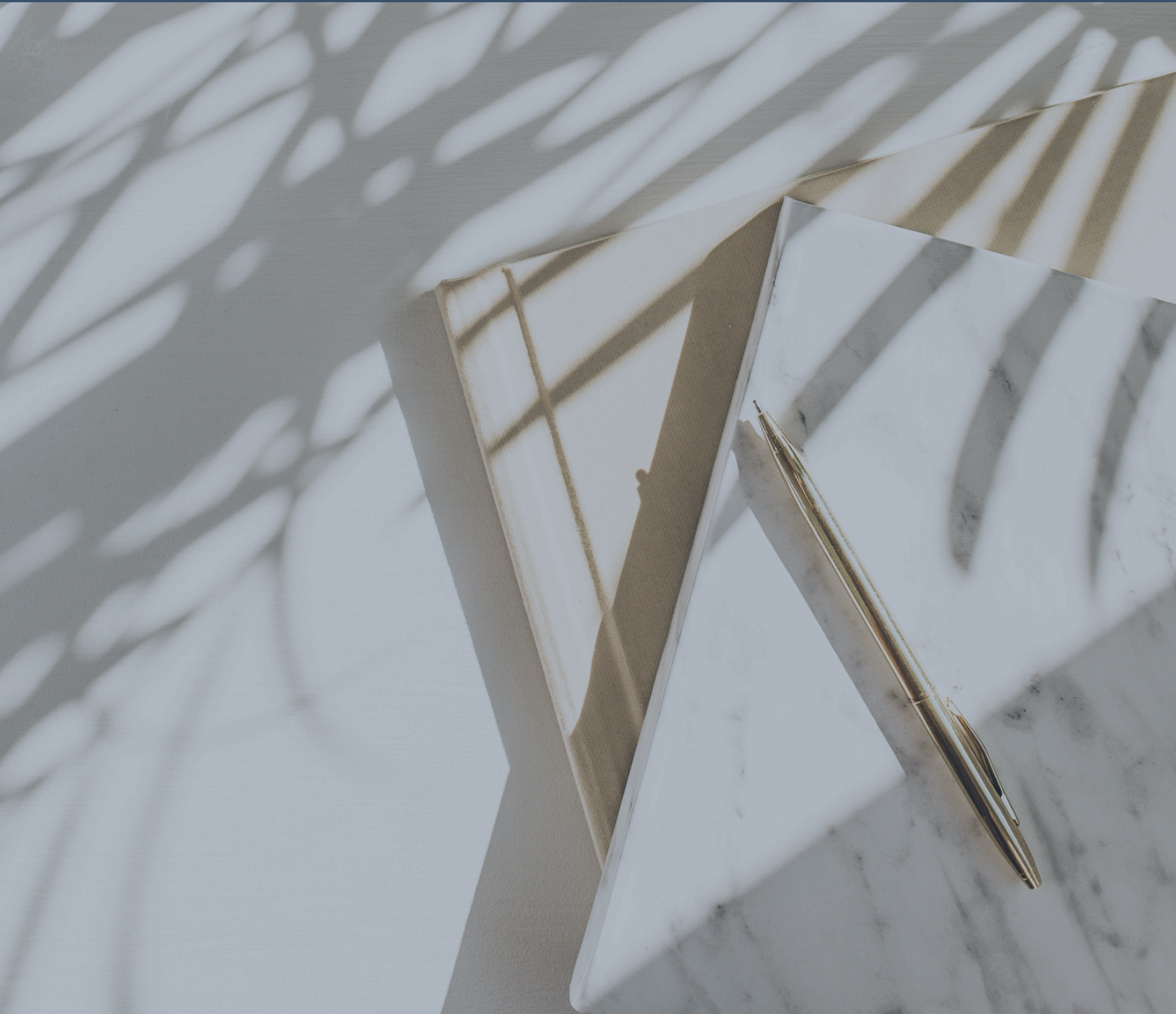
WHAT YOU CAN DO:

- Get morning sunlight within 30 mins of waking
- Create a screen-free wind-down routine
- Avoid caffeine after lunch
- Eat regular protein-rich meals
- Try a calming supplement like magnesium glycinate
- Breathe deeply before bed—yes, really

LOWERING CORTISOL HELPS RESET YOUR SLEEP, MOOD, AND ENERGY.
IT'S ONE OF THE FASTEST WAYS TO STOP THE 3AM SPIRAL.



WORKSHEETS



Hormone Health Checklist

DATE ____ / ____ / ____

This checklist is designed to help you identify potential signs of hormonal imbalances. Check off any symptoms that you have experienced regularly over the past few months:

ENERGY LEVELS

- PERSISTENT FATIGUE OR TIREDNESS
- SUDDEN ENERGY CRASHES

SLEEP PATTERNS

- DIFFICULTY FALLING ASLEEP
- DIFFICULTY STAYING ASLEEP
- FEELING TIRED AFTER A FULL NIGHT'S SLEEP

MOOD AND MENTAL HEALTH

- FREQUENT MOOD SWINGS
- INCREASED ANXIETY OR DEPRESSION
- DIFFICULTY CONCENTRATING
- DIFFICULTY REMEMBERING THINGS

WEIGHT AND METABOLISM

- UNEXPLAINED WEIGHT GAIN OR LOSS
- DIFFICULTY LOSING WEIGHT DESPITE HEALTHY HABITS
- INCREASED HUNGER OR CHANGES IN APPETITE

PHYSICAL SENSATIONS

- PERSISTENT MUSCLE OR JOINT PAINS
- FREQUENT HEADACHES OR MIGRAINES

DIGESTIVE HEALTH

- FREQUENT BLOATING
- FREQUENT INDIGESTION
- CHANGES IN BOWEL HABITS

SKIN, HAIR, AND NAILS

- DRY OR ITCHY SKIN
- ACNE BREAKOUTS
- THINNING HAIR OR HAIR LOSS
- BRITTLE NAILS

REPRODUCTIVE HEALTH (IF APPLICABLE)

- IRREGULAR MENSTRUAL CYCLES
- SEVERE PMS OR MENOPAUSAL SYMPTOMS
- DECREASED LIBIDO

Note: If you've checked multiple items, it might indicate a hormonal imbalance. It's recommended to consult a healthcare professional for a thorough evaluation.

NOTES:

Symptom List

SYMPTOM	WHY IT HAPPENS
HOT FLASHES / NIGHT SWEATS	DROPPING ESTROGEN AFFECTS YOUR BODY'S INTERNAL THERMOSTAT.
SLEEP DISTURBANCES	LOW PROGESTERONE (CALMING HORMONE) + CORTISOL SPIKES AT NIGHT.
ANXIETY / MOOD SWINGS	HORMONE FLUCTUATIONS MESS WITH SEROTONIN AND GABA.
BRAIN FOG	ESTROGEN HELPS BRAIN FUNCTION AND CLARITY; ITS DECLINE AFFECTS MEMORY AND FOCUS.
FATIGUE	ADRENAL STRESS, POOR SLEEP, AND LOWER IRON OR THYROID FUNCTION.
BLOATING / WEIGHT CHANGES	HORMONES AFFECT GUT MOTILITY AND INSULIN SENSITIVITY.
JOINT PAIN / FROZEN SHOULDER	ESTROGEN SUPPORTS JOINT LUBRICATION AND COLLAGEN; LESS OF IT = MORE INFLAMMATION.
LOW LIBIDO	ESTROGEN, TESTOSTERONE, AND VAGINAL DRYNESS ALL SHIFT.
ITCHY SKIN/DRYNESS	ESTROGEN LOSS AFFECTS COLLAGEN AND HYDRATION
RINGING EARS (TINNITUS)	HORMONAL SHIFTS AFFECT INNER EAR PRESSURE AND NERVES
NO APPETITE IN AM	CORTISOL DISREGULATION, SLUGGISH DIGESTION OR BLOOD SUGAR IMBALANCE

Natural Support

SYMPTOM	NATURAL SUPPORT
HOT FLASHES / NIGHT SWEATS	MAGNESIUM GLYCINATE, FLAXSEED, AND KEEPING BLOOD SUGAR STABLE CAN HELP. TRY LAYERING WITH LIGHT, BREATHABLE BEDDING.
SLEEP DISTURBANCES	LIMIT BLUE LIGHT AT NIGHT, TAKE MAGNESIUM, CUT CAFFEINE AFTER 2 P.M., AND CONSIDER USING A WEIGHTED BLANKET OR CALMING RITUALS.
ANXIETY / MOOD SWINGS	DEEP BREATHING, ASHWAGANDHA, REGULAR PROTEIN INTAKE, AND REDUCING ALCOHOL CAN HELP REGULATE MOOD.
BRAIN FOG	HYDRATE, INCREASE OMEGA-3S, USE A PLANNER, AND AIM FOR RESTFUL SLEEP.
FATIGUE	WALK DAILY, EAT PROTEIN WITH EVERY MEAL, CHECK IRON/FERRITIN LEVELS, AND REDUCE PROCESSED CARBS.
BLOATING / WEIGHT CHANGES	TRY DIGESTIVE BITTERS, EAT SLOWLY, AND SUPPORT YOUR LIVER WITH LEAFY GREENS AND HYDRATION.
JOINT PAIN / FROZEN SHOULDER	ADD TURMERIC, COLLAGEN PEPTIDES, AND MOVEMENT (EVEN GENTLE STRETCHING) DAILY.
LOW LIBIDO	MACA ROOT, BLOOD FLOW SUPPORT (LIKE WALKING), AND OPEN CONVO WITH YOUR PARTNER.
ITCHY SKIN/DRYNESS	HYDRATE, OMEGA-3S, CASTOR OIL
RINGING EARS (TINNITUS)	MAGNESIUM, HYDRATIONS, STRESS MANAGEMENT AND ENT EVALUATION IF NECESSARY
NO APPETITE IN AM	LEMON WATER, LIGHT PROTEIN, MORNING SUNLIGHT

Symptom Tracker

DATE ____ / ____ / ____

Use this tracker to monitor your symptoms over time. This can help you understand the effects of lifestyle changes, stress, diet, and other factors on your hormonal health.

ENERGY LEVELS

- MORNING: (LOW / MODERATE / HIGH)
- AFTERNOON: (LOW / MODERATE / HIGH)
- EVENING: (LOW / MODERATE / HIGH)

SLEEP QUALITY

- HOURS OF SLEEP: _____
- SLEEP SATISFACTION: (POOR / FAIR / GOOD / EXCELLENT)

MOOD AND MENTAL HEALTH

- MOOD (HAPPY / SAD / ANXIOUS / IRRITABLE / OTHER: _____)
- MENTAL CLARITY (FOGGY / AVERAGE / CLEAR)

PHYSICAL SYMPTOMS

- WEIGHT CHANGES: _____ LBS/KG
- APPETITE (LOW / MODERATE / HIGH)
- DIGESTIVE SYMPTOMS (NONE / MILD / MODERATE / SEVERE)
- PAIN OR DISCOMFORT (LOCATION: _____, INTENSITY: LOW / MODERATE / HIGH)

REPRODUCTIVE HEALTH SYMPTOMS (IF APPLICABLE)

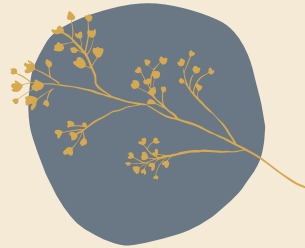
- MENSTRUAL CYCLE REGULARITY (REGULAR / IRREGULAR)
- MENSTRUAL SYMPTOMS (NONE / MILD / MODERATE / SEVERE)

OTHER OBSERVATIONS

- NOTABLE CHANGES THIS WEEK: _____

- LIFESTYLE FACTORS THAT MIGHT HAVE INFLUENCED MY SYMPTOMS: _____

HOW TO SUPPORT YOUR BODY WITHOUT GETTING OVERWHELMED



If the idea of strict protocols, tracking all your days, or taking a dozen supplements makes you want to give up before you start, I get it. I've been there.

You don't need to overhaul your life to start feeling better. You just need a few simple shifts that support your body's natural balance.

Here's what helped me most:

- Morning sunlight
 - Getting outside within 30 minutes of waking can help reset your cortisol and circadian rhythm.
- Protein with every meal
 - It stabilizes blood sugar, supports hormone production, and helps you feel more grounded.
- Less screen time at night
 - Turning off devices a little earlier can lower evening cortisol and improve sleep quality.
- Cut the nightly wine
 - I know. It feels like it helps you relax—but alcohol messes with your blood sugar, cortisol, sleep quality, and hormone detox.
 - Try swapping it a few nights a week for magnesium, a mocktail, or another wind-down ritual.

A NEW IDEA

DO YOU FEEL LIKE YOU'VE ALREADY TRIED ALL OF THIS, DONE EVERYTHING RIGHT AND IT'S NOT WORKING?

Peptides are the new tool women are using not just to lose weight, but to actually treat the symptoms and aging effects that come with perimenopause.

The sluggish metabolism. The insulin resistance and the belly fat that won't move no matter how clean you eat. The systemic inflammation that makes everything harder. The skin that's aging faster than it should be. The joints that need a warmup just to function. The libido that disappeared. The sleep that never fully restores. The brain fog that makes you feel like a stranger in your own head.

Different compounds target different things. Some work on body composition and how fast you recover. Some address inflammation and gut health, which are more connected to your symptoms than most people realize. Some have real research behind collagen remodeling and skin repair. There are compounds for sexual health, cognitive function, deep sleep, and long-term cellular repair in ways that go well beyond what a supplement could do.

HRT replaces the hormones your body is making less of. Peptides work at the cellular level, signaling your body to repair, regulate, and rebuild in ways hormones don't. For a lot of women it fills in the gaps that hormones alone don't touch. Some women use it alongside HRT. Some use it instead.



COULD THIS BE THE MISSING PIECE FOR YOU TOO?

When the right compounds are matched to what's happening in your body, with proper medical guidance and sourcing behind it, the experience is completely different than trying to piece it together on your own.

I can show you how.

[BOOK YOUR CLARITY CALL HERE TO SEE HOW PEPTIDES
COULD CHANGE EVERYTHING](#)



Questions?

megan@meganmurphymarketing.com
www.meganmurphymarketing.com
[@radiant.rewind](#)

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