

The Second Spring

Di Er Chun · dee-ur-chwen

A framework for what's actually happening — and what it's asking of you.

*Your body is reorganizing around a new center of gravity.
And that center is you.*

WHAT THIS IS

Di Er Chun — the Second Spring — is the classical Chinese medicine name for the menopausal transition. For two thousand years, Chinese medicine has understood this phase not as a decline, but as a reorganization: the energy that was directed outward for decades begins moving inward, back toward the self. This is not a wellness promise. It is a clinical observation — made across generations of women — that this transition, however hard it feels, is pointing somewhere.

THE ESTROGEN SHIFT

When estrogen is robust there is a biological pull toward other people — toward connection, tending, making sure everyone is okay. Estrogen drives the neurological systems that govern bonding and caregiving. There is a deep biological urge to nurture, connect, hold things together.

As estrogen shifts, that pull softens. The caring doesn't disappear — it becomes intentional rather than reflexive. Less estrogen means fewer shits to give, mostly about what everyone else thinks. Think of it like a camera lens: high estrogen = zoom in, tend the details. As it shifts, the lens pulls back. Bigger picture. Longer arc. More open-eyed view.

Chinese medicine has observed this for two thousand years: energy that has spent decades flowing outward begins, in this season, to turn back toward the self.

THE PROGESTERONE SHIFT

Progesterone isn't only a reproductive hormone — it also functions like a neurotransmitter, acting directly on the brain's calming system. When it drops, the brain loses a significant source of its own natural settling mechanism.

The felt experience is what I call reverse puberty. Puberty brought a flood of new hormones that reorganized your nervous system. This is the withdrawal of them. A restless, prickly feeling quite unlike anything else — a loss of the internal cushion that has been quietly running in the background for decades.

If your symptoms have been dismissed — told it's stress, depression, or that you just need to lose some weight — know this: this transition can span five to ten years. Early stages are chronically underdiagnosed. The window is wider than most doctors will tell you. The discomfort is real. And like puberty, it does not last forever. Once through this transition, many women find life gets quieter, clearer, and genuinely better.

WHAT ACTUALLY HELPS — ALL OF IT IS VALID

Lifestyle, herbal medicine, classical Chinese formulas, and for many women, HRT — hormone replacement therapy — is the right choice. A completely valid one. The only wrong approach is suffering unnecessarily because you were told there was one option, or none.

THE BLOOMING

This is a coming into yourself. An awakening that couldn't have happened at 25, or 35, or even 45 — because you didn't have what you have now.

You have wisdom that only comes from having actually lived. The kind of pattern recognition that lets you read a situation before anyone else in the room has named it. The ability to understand people — not just their surface behavior, but what's underneath. The capacity to hold the bigger picture, the longer arc, the more complex and honest truth. These are the quiet, profound gifts of this phase.

This is not who you were at 25 coming back around. This is something new — something that could only exist on the other side of everything you've lived. The energy that has been flowing outward for thirty years is beginning to turn back toward its source.

We are not diminished. We are unbound.

TWO QUESTIONS THIS PHASE IS ASKING

These are not rhetorical. Sit with one at a time. Write if it helps. Come back to them as many times as you need during this transition.

1

What am I ready to stop carrying that was never really mine?

2

What am I beginning to bloom into?

Before you answer either — acknowledge what this has actually been. This has been hard. Not just inconvenient. Genuinely hard. You have been carrying more than most people around you understand. See your strength in that. See the bravery in it. You have been moving through something that required everything you had.

The Second Spring is not a consolation prize. It is the thing itself.

This is the conversation I built Practical Natural Wellness to have.

New video every week. Weekly newsletter. Courses and private coaching.
practicalnaturalwellness.com · info@practicalnaturalwellness.com

If this is the conversation you've been trying to have — share it.
Someone you know might need it more than you do.

— Dr. Jennie · À bientôt

Dr. Jennie Luther is a doctor of acupuncture and Chinese medicine (DACM) and is not a licensed medical doctor. This content is for educational purposes only and does not constitute medical advice. Please consult your qualified healthcare provider before making changes to your healthcare.