



Is it perimenopause?

A 2 minute self-check

You may have been told:

“Your labs are normal.”

“This is just aging.”

“Try to reduce stress.”

And yet... you don't feel like yourself.

This guide was created to help you connect the dots between your symptoms and your hormones, so you can stop guessing and start understanding what your body actually needs.

Because midlife isn't the beginning of decline.

It's the beginning of precision.

Hormonal shifts in your 40's and 50's don't happen overnight- and they don't affect just one system.

They impact:

- Your brain
- Your metabolism
- Your sleep
- Your mood
- Your energy

Most women are experiencing multiple hormone imbalances at once.

This is why surface-level solutions don't work.

Check any symptoms you've experienced consistently in the past 6-12 months:

Estrogen Imbalance

- ☐ Brain fog
- ☐ Joint pain or stiffness; frozen shoulder
- ☐ Vaginal dryness or discomfort
- ☐ Low mood or irritability
- ☐ Poor sleep
- ☐ Hot flashes or night sweats
- ☐ Skin dryness

Progesterone Imbalance

- ☐ Difficulty falling or staying asleep
- ☐ Waking between 2–4am
- ☐ Anxiety or racing thoughts
- ☐ Feeling “tired but wired”
- ☐ Shortened or irregular cycles
- ☐ Increased PMS symptoms

Cortisol Dysregulation

- ☐ Morning exhaustion
- ☐ Afternoon energy crash
- ☐ Feeling overwhelmed easily
- ☐ Trouble relaxing
- ☐ Burnout despite high performance
- ☐ Cravings for sugar or caffeine

Testosterone Decline

- ☐ Low motivation
- ☐ Reduced muscle tone
- ☐ Decreased libido
- ☐ Fatigue, despite rest
- ☐ Difficulty building strength
- ☐ Loss of confidence or drive

Thyroid Dysfunction

- ☐ Weight gain, despite healthy habits
- ☐ Feeling cold easily
- ☐ Hair thinning
- ☐ Constipation
- ☐ Dry skin
- ☐ Slowed thinking

What This Means

If you checked multiple boxes—you're not alone.

This pattern reflects a **hormonal imbalance across systems**, not a single issue.

And it requires a **comprehensive, personalized approach**.

Understanding your symptoms is the first step.

The next step is knowing:

- Which hormones are driving your symptoms
- What your body specifically needs
- How to restore balance safely and effectively

This is exactly what we do inside our comprehensive treatment programs.

Ready for clarity?

Your next step is to complete an [intake questionnaire and lab analysis](#), where we:

- Analyze your symptoms in depth
- Identify root causes
- Design a personalized plan

This is where transformation begins.

Work with me ~

This is not about chasing your 25-year-old self. It's about finally feeling like YOU again- steady, sharp, confident. If you're ready to go from hormone hijack to hormone harmony, give us a call!



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**This quiz is for informational purposes only and does not constitute medical advice. Please consult with a healthcare professional for personalized recommendations.*