



# MENOPAUSE QUICK GUIDE

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## Menopause: What's Actually Happening to Your Body

Menopause is a biological transition—not a disease.

### The Three Phases:

- **Perimenopause:** Hormones fluctuate, symptoms begin
- **Menopause:** 12 months without a cycle
- **Postmenopause:** New hormonal baseline

### Common Symptoms (and what they mean):

- Hot flashes → nervous system imbalance
- Anxiety → cortisol + estrogen fluctuation
- Weight gain → insulin resistance + stress
- Brain fog → inflammation

*Your body isn't betraying you. It's asking for support.*





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*Love and Blessings Dr. Nickie Ann*