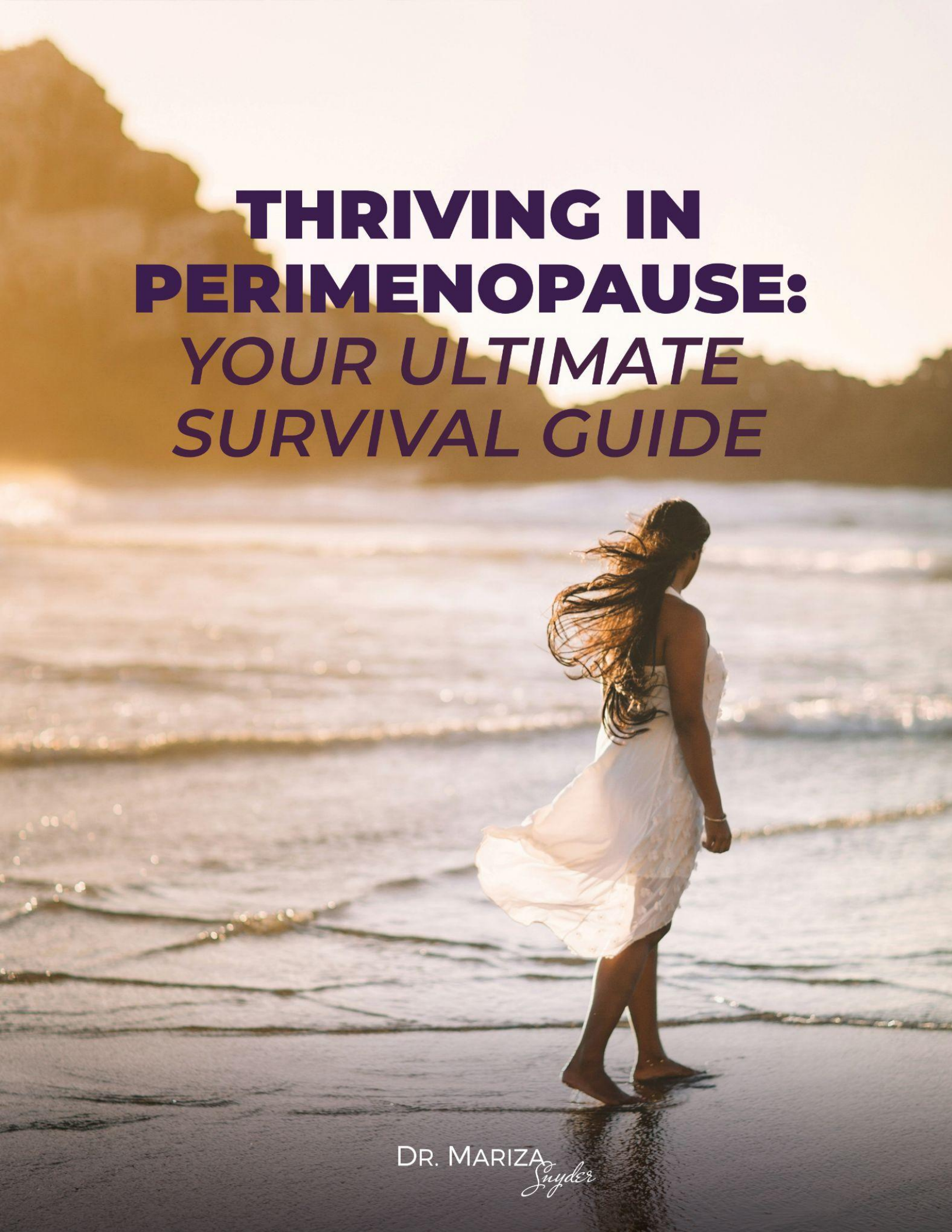


A woman with long dark hair, wearing a white sleeveless dress, is walking barefoot on a wet beach. She is seen from the back, and her hair and dress are blowing in the wind. The background shows the ocean with gentle waves and a bright sunset sky with a large rock formation on the left.

THRIVING IN PERIMENOPAUSE: *YOUR ULTIMATE SURVIVAL GUIDE*

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INTRODUCTION

Perimenopause deserves our undivided attention.

Knowing what is happening during this profound transition, why, and what to do about it is both empowering and necessary.

This essential guide will give you a roadmap to navigate perimenopause—along with powerful tools and lifestyle recommendations that will move the needle in your health and vitality for many years to come.

Knowledge is the key to thriving!

WHAT IS PERIMENOPAUSE?

Perimenopause is one of the most under-discussed inevitable life changes women undergo on their way to menopause. It affects all women at one stage or another as the beginning of the end of ovarian function.

*“Perimenopause is an **extended transitional stage** that happens before menopause. It is initiated by fluctuations in hormone levels, primarily estrogen and progesterone.”*

Perimenopause is usually characterized by a range of symptoms, which typically begin between the ages of 39 and 44. However, for some women, perimenopause can begin much earlier or later.

Symptoms can also vary in severity:

For some women, symptoms can be a minor inconvenience. For others, they can be life-altering—and the experience can be deeply upsetting.

The majority of women will experience at least some symptoms during perimenopause, which can affect both their home and work lives. The symptoms you may hear about most are hot flashes and night sweats, but this is very misleading because women can experience symptoms all over their body in every organ system due to hormone deficiency.

The best way to navigate this big transition from being fertile and having an ovulatory cycle to menopause is to understand what is going on—and make a plan to pivot and support your body...from the beginning, or at any stage you are in!

The good news?

There is SO much that we can do and so many side benefits to making the simple pivots I will be sharing with you in this guide.

Even though your body is changing, there are simple adjustments you can make to ease the perimenopause transition & get you to the point where you feel like you are entering a new beginning.

The first step in **identifying your perimenopause symptoms** so that you have this information to create a plan, or to advocate for yourself in the doctor's office.

Let's get started!

QUIZ: AM I IN PERIMENOPAUSE?

Perimenopausal symptoms can start months or years before your periods stop and last for over 10 years after!

There are **more than 40 different symptoms** women experience during perimenopause and many women will experience a broad spectrum of symptoms throughout the transition.

The severity of symptoms varies tremendously between women.

Some will only experience them for a few months, while others can continue to suffer for years, or even decades.

On the next page, you'll find a list of the majority of symptoms women can encounter during perimenopause.

How many of these are you experiencing?

How severe are they symptoms you're noticing?

Mental Health Symptoms

1. Are you forgetting things more than normal or experiencing brain fog, where you're mentally drained and unable to concentrate?
2. Are you having memory issues?
3. Are you experiencing mood swings?
4. Do you often feel irritable or even rageful disproportionately?

5. Do you feel anxious or depressed, or both?
6. Do you have a lack of confidence in yourself and have you lost interest in things that used to excite you?

Menstruation Symptoms

7. Are your periods heavier than normal? This means you've changed a tampon or pad within two hours or passed a clot the size of a quarter or larger.
8. Do your PMS symptoms seem more intense?
9. Has the duration or frequency of your cycle changed?
10. Have you skipped any months of your cycle?

Physical Health Symptoms

11. Are you experiencing hot flashes, i.e., sudden temperature changes accompanied by heat and sweat, especially in the face, neck, and chest?
12. Do you feel bloated?
13. Are you gaining weight for no obvious reason?
14. Has your body composition shifted, and you've noticed stubborn weight on your hips, thighs, or belly?
15. Do you have poor metabolic health?
16. Do your breasts feel tender?
17. Do you have a burning sensation on your tongue and in your mouth?
18. Are your ears itchy?
19. Are your eyes dry?
20. Is your skin dry?
21. Are your skin and hair thinning?
22. Are your nails brittle?

- 23. Are you getting urinary tract infections?
- 24. Do you have incontinence?
- 25. Have you experienced tinnitus, or an unexplained ringing, roaring, or buzzing sound in your ears?
- 26. Have you been diagnosed with early fatty liver disease?
- 27. Are you experiencing any gastrointestinal issues?
- 28. Do you have joint pain?
- 29. Do you feel dizzy when you stand up suddenly?
- 30. Are you having heart palpitations?
- 31. Are you experiencing muscle aches or pains?
- 32. Do you have sarcopenia or an age-related involuntary loss of skeletal muscle mass and strength?
- 33. Have you been diagnosed with osteoporosis?

Sleep Symptoms

- 34. Have you been diagnosed with a sleep disorder like insomnia or sleep apnea?
- 35. Are you waking up drenched in sweat in the middle of the night?
- 36. Do you feel fatigued, even after a full night's sleep?

Sex Symptoms

- 37. Is your libido lower than normal or has it disappeared altogether?
- 38. Has intercourse become painful?
- 39. Are you experiencing vaginal dryness?

****If you answered YES to even some of these questions, it's likely that you're now in perimenopause.****

Of course, some of these symptoms ***may indicate another health issue*** to examine. But either way, it's probably compounded by declining hormones and faltered ovarian function.

If your cycle has gotten wonky as well —

— *i.e., it's shorter or longer, the amount of bleeding has changed, you're no longer ovulating, or the phases of your cycle are out of sync* —

— then you are **most likely in perimenopause**.

[CLICK HERE to download my printable Perimenopause Symptom Tracker >>>](#)

PERIMENOPAUSE ACTION PLAN

I've learned through both my own experience and my patients that in order for women to achieve optimal health and powerful aging throughout perimenopause and into menopause, we need to understand and work with our hormone changes...

AND from there, build a female-centric plan that works with our unique biology to **support stable blood sugar 24/7, fire up our metabolism**, and **optimize our mitochondrial function**.... which together, WILL keep you feeling more energized and firing on all cylinders.

MINDSET IS EVERYTHING

First, you've gotta want to embrace the physical and emotional changes and be open to making adjustments to your body and health. This is a mindset shift.

- *Your body is not broken and it's not your fault.*
- *Your body is changing and everything is up for review.*

Be open to a new you on the other side! As long as you are committed to yourself and to optimizing your health with a few strategic changes, you are going to feel great throughout your 40s, 50s—and beyond.

You are Worthy of Healing and Feeling Amazing

The second area you can benefit from is deciding that you are worthy of healing, and getting clear on how you want to feel in perimenopause and beyond.

These years can be some of our best, as long as we are intentional!

There are **four powerful questions** I love to ask myself when I am in the midst of a big transition and transformation:

1. *What would I love more of in my health?*
2. *In what ways does my healthy body bring me joy?*
3. *What kind of person do I need to become to embody my healthiest self?*
4. *What big dreams have I been putting off because my body hasn't felt as healthy as I would love it to be?*

Take a moment and reflect on these questions so that you have clarity in where you want to focus your energy.

This is your invitation to Step Into Your Future Epic Health — by growing **more connected to what you want, what you believe,** and **how you can take the next step** to achieve your goals.

SAMPLE EXERCISE: Think of one big, bold dream that you've been wanting to embark on—but you haven't had the energy to make happen. Spend some time embodying yourself living that dream as an energized and inspired version of you. The more you spend time imagining yourself living your dream and feeling healthy, the more inspired you will feel to take small steps in the direction of your dreams.

Before you know it, you will BE that future you, living that big beautiful life and having the energy and vitality to really enjoy it!

Now that you have some clarity on how you want to feel and who you want to become, let's jump into some powerful solutions that are going to support your energy and vitality.

THE PROS OF PERIMENOPAUSE

Before we get into the solutions, I want to share a few benefits of being in perimenopause and beyond (you heard that right, there ARE some benefits to being a woman at this stage of life!).

Here's what other women love about perimenopause:

- **Greater Self-Awareness:** Perimenopause often brings a deeper understanding of oneself, leading to personal growth and self-acceptance.
- **Stronger Boundaries:** Many women find it easier to set and maintain healthy boundaries in relationships and work.
- **Authenticity:** There's a tendency to be more authentic and true to oneself, with less concern about others' opinions.
- **Rediscovery of Passions:** This stage of life can reignite old passions and hobbies or inspire new interests.
- **Focus on Health:** A renewed focus on health and well-being often leads to adopting healthier lifestyle habits.
- **Increased Confidence:** Many women report feeling more confident and assertive during perimenopause.
- **Better Relationships:** Deeper connections and more meaningful relationships among the community often develop during this time.

- **Career Shifts:** Some women take this opportunity to make significant career changes or pursue new professional goals.
- **Mindfulness:** Increased mindfulness and a focus on the present moment can bring greater peace and contentment.
- **Inner Strength:** Perimenopause can reveal a previously untapped inner strength and resilience.
- **Self-Care Prioritization:** Women often become more adept at prioritizing self-care and personal needs.
- **Life Reevaluation:** This period can prompt a reevaluation of life goals and priorities, leading to more fulfilling choices.
- **Empowerment:** Feeling empowered to make changes and take control of one's health and well-being is a common experience.
- **Freedom:** For many, there is a sense of freedom from societal expectations and a greater ability to live life on their own terms.

MY FAVORITE TOOLS & HABITS FOR THRIVING IN PERIMENOPAUSE

Many of these solutions are things we know we should be doing (but maybe haven't been)...

Some might surprise you with how small efforts can make a big impact on your health today and your longevity.

Here are some of the biggest habits and tools to optimize your healthspan, including your brain, metabolism, hormones, and mental well-being:

- Eat a metabolically healthy breakfast with 30+ grams of protein
- Limit ultra-processed foods, refined sugar and refined grains
- Spend time outside in nature every day
- Walk 7,500+ steps each day
- Walk 15 to 30 minutes after meals
- Use bioidentical hormone replacement therapy at physiological levels
- Get sunlight in the morning within an hour of waking up
- Limit time on social media
- Spend time with friends and loved ones in real life
- Engage in resistance training for 30 minutes, 3-4 times a week
- Stick to a consistent bedtime every night
- Stay hydrated with clean water and electrolytes
- Maintain stable blood sugar throughout the day
- Limit or eliminate alcohol use
- Address nutrient depletion with key supplementation

Where Do I Start?

#1 — Know Your Numbers

A great starting place is knowing your numbers—especially your lab numbers.

During perimenopause, biomarkers can shift in an unfavorable direction, specifically those for **insulin**, **inflammation**, **lipids**, and **nutrients**.

It's essential to have a baseline to make meaningful pivots for your health.

Here is the list of labs I recommend once a year:

Fasting Serum Blood Labs To Request:

- Full lipid panel (Total Cholesterol, HDL, LDL, ApoB, Triglycerides)
- CBC with differential
- Comprehensive Metabolic Panel
- IGF-1 (human growth factor)
- Fasting Insulin
- Fasting glucose
- h-A1C
- Uric Acid
- Vitamin D3
- B12
- Ferritin and serum Iron, Transferrin test, Total iron-binding capacity (TIBC) test
- h-crp (highly sensitive c-reactive protein)
- Thyroid panel (TSH, T4, Free T4, Free T3, T3, TPO)

Serum Hormone Labs to Request:

- Estradiol
- Testosterone
- Progesterone
- FSH

And bonus labs for determining inflammation and cardiovascular health:

- Homocysteine
- Fibrinogen (coagulation factor I)
- Sed Rate

#2 — Track Your Menstrual Cycle and Your Symptoms

Every woman will experience perimenopause differently with different symptoms, life events, and menstrual cycle changes.

Tracking your cycle and the symptoms associated with your cycle is a critical step during your perimenopause journey to understand your body and implement solutions that are specific to your needs.

The 5-10+ year perimenopause transition takes place in 2 phases, known as the early phase and the late phase.

The Early Phase is characterized by:

- Occasional skipped cycles
- Changes in menstrual cycle length
- Normal cycles
- Symptoms associated with lower levels of progesterone

Note: The onset of symptoms is typically due to declining progesterone and anovulatory cycles: sleep issues, burnout, low energy, mood swings, and even a sluggish metabolism.

The early phase can kick off as early as the late 30s, but typically between 40 and 44.

The Late Phase is characterized by:

- Greater menstrual irregularity
- Periods of amenorrhea (no menstruation) lasting over 60 days and up to 12 months
- Symptoms are associated with erratic estradiol and declined progesterone levels.

Note: The onset of symptoms is due to erratic hormone fluctuations and include night sweats, hot flashes, heavy periods, migraines, mood changes, and difficulty sleeping.

The late phase often occurs between ages 45 and 52 and brings about more symptoms due to declining progesterone, testosterone, and estradiol.

#3 — Optimize your Blood Glucose and Insulin Sensitivity

The newest research is clear for women in midlife:

As we move closer to menopause, we become more insulin resistant due to declining hormones, mainly declining estradiol. Having a metabolically-boosting morning routine that's protein and fiber-focused is essential!

Break your fast with a savory meal with adequate protein (30+ grams), healthy fats, and 10+ grams of fiber.

“Avoid having a sugar-focused meal—because your first meal of the day sets the tone for your metabolism and you will find yourself on a blood sugar roller coaster if your first meal is cereal, or toast, with jam and some orange juice.”

Seven Strategies for Creating Metabolically-Healthy Meals:

1. Up your fiber intake to 30+ grams per day
2. Load up on micronutrients and antioxidant-rich foods (aim for 20+ different types of plant foods per week)
3. Go organic, especially with the dirty dozen list
4. Increase your omega fatty acids
5. Load up on fermented foods (aim for 3+ servings per day)
6. Minimize refined sugar, carbs, and grains
7. Pair carbohydrates with protein and fiber

Other key blood sugar-optimizing hacks:

- Walk 15-20 minutes after your biggest meals (best longevity hack, especially out in nature)
- Adopt early time-restricted eating and eat early in the evening, then don't eat again until you break your fast the next morning, after 12 to 13 hours
- Ensure your last meal of the day is high in protein and low in sugar or refined carbs. That way, you don't activate your craving centers in your brain. A protein-rich meal will keep you fuller longer, setting you up for success for a 12+ hour circadian fast.

- Take 500mg of berberine, 600 mg of magnesium glycinate, and 2,000 mg of myoinositol to support healthy blood glucose levels.
- Eat dessert after a metabolically-healthy meal, not as a snack or breakfast.
- Move your body throughout the day, not just a couple of times. Implement exercise or walking snacks 3-5 times a day.
- Take 1 tablespoon of ACV before a carb or sugar-heavy meal to curb your blood sugar response.

Benefits of Optimizing Blood Sugar in Midlife:

- 1) Controlling blood sugar
- 2) Enhancing metabolic flexibility
- 3) Fighting inflammation
- 4) Enhancing heart health
- 5) Weight loss and management
- 6) Prevention of chronic conditions
- 7) Enhanced sustainable energy

4 — Lift Heavy Weights

We need to dispel the myth that lifting heavy weights is going to bulk us up...

It's not true!

Lifting heavy is key to maintaining and building lean muscle, boosting metabolic flexibility, and increasing strength.

Whether we like it or not, **we lose 20% of our strength** by the time we are in menopause and unless we work to maintain that strength, we will continue to lose it.

Not only do we need muscle for energy, strength and endurance—it's imperative for stable **blood sugar, heart health,** and **metabolic health.**

Strength is the biggest predictor of our longevity.

Weak muscles are not an option if you want to live your last 10 years independently—doing what you love!

5 steps for success:

- I recommend adding in progressive resistance training (lifting weights) 3-4 times per week with heavy weights
- Weights should be heavy enough to max out at 8-10 reps
- We need weights to be heavy enough to drive adaptation for muscle protein synthesis.
- Aim to be uncomfortable.
- Rest after each set.

#5 — Eat 30-40 Grams of Quality Protein Per Meal

Go big at breakfast to kick start muscle protein synthesis.

This pivot allows us to preserve our muscle mass and supply us with essential amino acids to support our hormone changes. Protein-rich foods — *such as meat, fish, eggs, legumes, nuts, and seeds* — can help **increase your metabolism for a few hours.**

This is because they require your body to use more energy to digest them.

*This is known as the **thermic effect of food (TEF)**.*

The thermic effect of food refers to the number of calories your body needs to digest, absorb, and process the nutrients in your meals).

Research shows that protein-rich foods increase the thermic effect the most. For example, they increase your metabolic rate by 15–30%, compared with 5–10% for carbs and 0–3% for fats.

It's important to note that most women aren't getting enough protein, especially as we enter our 40s and beyond—and that a low protein diet leads to a decline in muscle mass and optimal metabolic function.

Plus, **adequate protein helps us to feel fuller longer!**

#6 — Walk 7K to 10K Steps Per Day

This is my all-time favorite health hack.

Ideally, take 15 to 20-minute walks after your biggest meals. But honestly, go with what feels good to you. The best time of the day to walk is anytime!

- In the morning to boost your circadian rhythms
- After meals to maintain stable blood sugar

- In the evening for relaxation and increased metabolic flexibility

Get a tracker, like a **Fit Bit** or **Apple Watch** for accountability!

Note: *I love my Fit Bit inspire. It's small and it gets the job done.*

#7 — Be Consistent with your Supplements

Non-negotiable nutrients that will support your body in perimenopause include **magnesium, B vitamins, omegas, vitamin D, adaptogens, digestive enzymes, probiotics** and a great **liver detoxification/antioxidant blend**.

I carry many of these supplements with the highest of quality standards.

I don't play when it comes to quality and my supplements are made for women and some can be used by men, too.

Here are my top recommendations for women in perimenopause:

- **Magnesium Restore** Magnesium is vital for muscle and nerve function, blood glucose control, and energy production. It can help reduce hot flashes, improve sleep quality, and alleviate mood swings. Magnesium Restore ensures optimal absorption, supporting overall health and well-being.
- **Hormone Balance** This supplement supports natural hormone production and helps manage hormonal

fluctuations. It contains herbs like chaste tree berry and black cohosh, which can reduce hot flashes, night sweats, and mood swings.

- **Activated B Complete** B vitamins are crucial for energy production, brain function, and managing stress. Activated B Complete provides B vitamins in their most bioavailable forms, boosting energy levels and cognitive function while supporting overall well-being.
- **Vitamin D Complete** Vitamin D is essential for bone health, immune function, and mood regulation. Vitamin D Complete provides a potent dose of vitamin D3, along with vitamin K2 for enhanced absorption, supporting strong bones and a positive mood.
- **Liver Support Blend** Supporting liver health is crucial for hormone metabolism and detoxification. Liver Support Blend contains curcumin, green tea extract, and NAC to promote liver function and hormonal balance.

[Check out the Essentially Whole Store HERE to learn more >>](#)

#8 — Start Exploring Hormone Replacement Therapy Options

Find a perimenopause and menopause expert and start the conversation about Hormone Replacement Therapy.

Each person is an individual and deserves a tailored solution, which may include HRT if you are a candidate (and many women are!).

There are a lot of **bio-identical hormones that are FDA approved**—including vaginal estrogen for genitourinary symptoms like vaginal drying, UTIs, and painful intercourse.

Oral micronized progesterone can support mood, sleep, stress and brain function.

Plus, there are great transdermal estradiol options like sprays, gels and patches.

#9 — Embody A Mindfulness Practice

Midlife, as I'm sure you know, brings multiple (and often unforeseen) stressors that can impact our well-being.

Managing your family, career, and personal responsibilities can be overwhelming to say the least.

Perimenopause adds physical and emotional challenges, affecting sleep, mood, and overall health. Body image concerns also become more pronounced during this time.

“Mindfulness offers tools to navigate these challenges by fostering awareness and deliberate implementation.”

Incorporate just 10 minutes of meditation, journaling, and mindful breathing into your daily routine to begin experiencing benefits!

With just a little practice, mindfulness can:

- **Reduce stress:** Mindfulness helps in managing and reducing stress levels by promoting relaxation and calmness.

- **Improve mental health:** It aids in treating mental health challenges such as anxiety disorders, depression, and obsessive-compulsive disorder.
- **Decrease stress and worry:** It reduces the constant worrying about past events and future uncertainties.
- **Improve focus and concentration:** Regular mindfulness practice can enhance your ability to focus and concentrate.
- **Support physical health:** Mindfulness can lower blood pressure, reduce chronic pain, and decrease gastrointestinal problems.
- **Boost sleep quality:** It helps improve the quality of your sleep by promoting relaxation and reducing stress.
- **Enhance emotional regulation:** Mindfulness helps in better understanding and managing your emotions, leading to improved emotional balance.
- **Promote resilience:** It builds mental resilience, helping you to better cope with life's challenges.
- **Increase self-awareness:** Regular practice fosters a deeper understanding of your thoughts, emotions, and behaviors.
- **Support healthy aging:** Mindfulness can promote cognitive health and delay the onset of age-related cognitive decline.
- **Improve immune function:** Studies suggest that mindfulness can enhance immune system functioning, leading to better overall health.

#10 — Spend Time with Friends and Family in Real Life

Become more fully present with the people that you love!

We all know that being fully present is the best way to play. And if I want to feel good, that means really savoring the present

moments as they happen and being fully immersed in that moment.

That's how we create a richer, more meaningful life.

Plus spending time with our besties is one of the best ways to reduce stress, feel connected, and not feel alone.

“Perimenopause can be an isolating time for many of us, but it doesn't have to be.”

Prioritizing connection is one of the best things we can do to improve our resilience, happiness and emotional wellbeing!

#11 — Know that you are Powerful, Relevant and a Rock Star at Any Age!

This is NOT the time to diminish who you are, it's the time to step into who you are going to become!

Almost 50% of our life is spent in perimenopause and beyond. So who you are going to become and what you are going to accomplish is still yet to come and probably the best of it!

You are going to continue learning, thriving, connecting and creating.

There is no stopping you!

So own your power and support your body in becoming your best self.

THE BOTTOM LINE

Now that you have my favorite game-changing pivots...

I want you to know that it's not just about navigating perimenopause and your 40s—it's about living your best life all of the time and feeling great in your body and doing the things that you love!

And we do that best when we are feeling healthy and energized.

I absolutely know that when you take control of your health and your healing journey and pull the right levers (not the hardest levers, but the right ones that I mentioned earlier) and focus on your health as a priority, healing miracles happen.

I know this because I have been there more than once myself!

I am 100% certain that it's possible to feel amazing and have enough energy to show up in the morning and throughout the day.

It's possible to feel like you have the capacity to live your mission without compromise.

Stay Connected and Empowered

As you continue on your journey, keep an eye out for details about my upcoming Thriving in Perimenopause Summit.

This will be the first event of its kind, dedicated to helping as many women as possible take charge of their symptoms with ease and grace. The summit will feature expert speakers, practical workshops, and a supportive community, all aimed at empowering you to become the CEO of your health.

Thank you for allowing me to be a part of your journey to a better you.

Together, we can thrive in perimenopause and beyond!

Much love,
Dr. Mariza Snyder