



Throughout the perimenopausal years (as much as 10-12 years) your hormone levels can fluctuate quite significantly. With the [Mid-life Energy Reset Program](#) our team works with evidence based health solutions to increase your energy, improve sleep, balance hormones so you feel like you again.

In early perimenopause you may experience lowering of your progesterone levels first, if you miss ovulation in a cycle. As you run out of eggs, estrogen levels will also be lower.

Low Estrogen Symptoms	High Estrogen Symptoms
● Fatigue /Exhaustion ● Lacking Energy ● Insomnia ● Weight gain - especially midsection ● High blood sugar / insulin resistance ● Joint pain or knee/back/shoulder aches ● Cravings ● Hot flashes ● High blood pressure ● Sudden high cholesterol ● Night sweats ● Vaginal dryness ● Painful intercourse ● Heart palpitations ● Vaginal atrophy ● Recurrent bladder infections (UTI's) ● Urinary incontinence (urinary leakage) ● Headaches / migraines ● Brain fog ● Forgetfulness ● Poor concentration ● Depression / low mood ● Anxiety ● Mood swings ● Crying easily ● Lethargy	● Breast/nipple tenderness ● Breast fullness/pain ● Pelvic cramps ● Heavy bleeding ● Postmenopausal bleeding ● Rapid weight gain, in particular hips/buttocks ● Ovarian cysts ● Breast cysts/fibrocystic breasts ● Polyps ● Fibroids ● Irritability/mood swings/impatience

Low Progesterone Symptoms	High Progesterone Symptoms
● Osteopenia/osteoporosis ● Light periods ● No periods ● PMS ● Thinning hair ● Facial hair ● Dry skin ● Menstrual cramps ● Fibrocystic breasts or breast tenderness ● Infertility or miscarriages ● Irregular cycles ● Spotting between cycles ● Heavy periods ● Fibroids ● Breast and ovarian cysts ● Fluid retention ● Osteoporosis ● Hypothyroidism ● Trouble getting to sleep ● Low libido ● Histamine intolerance	● Grogginess/drowsy in the morning after taking progesterone ● Depression ● Reflux/GERD ● Dizziness ● Water retention ● Leg discomfort/pain ● Irritability/edginess
Low Testosterone Symptoms	High Testosterone Symptoms
● Low libido ● Inability to orgasm ● Poor muscle mass/sarcopenia ● Aches and pains ● Depression ● Fatigue ● Loss of motivation/self-confidence/self-esteem ● Weight gain: testosterone plays a role in insulin signaling and glucose regulation ● Gut inflammation ● Autoimmunity ● Anemia ● Poor memory/concentration	● Increased libido ● Aggressiveness ● Oily skin / acne ● Oily scalp / hair ● Increased hair growth on body/face ● Hair thinning/loss on scalp.