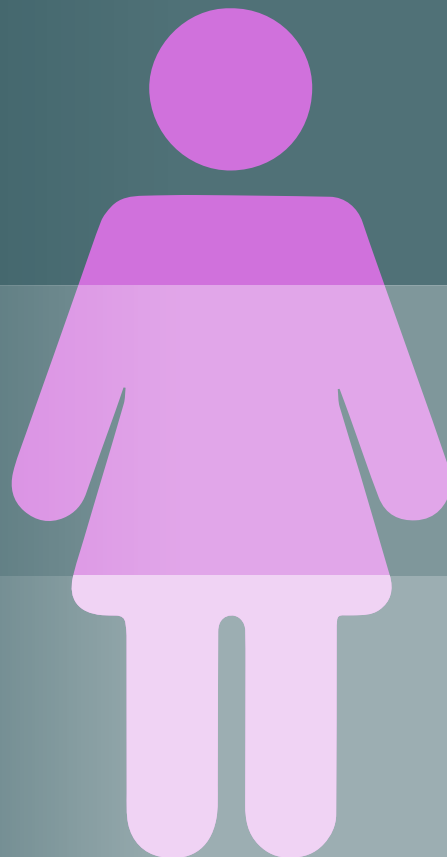


# Menopause

## The Facts.

You run out of eggs and your periods stop. What's the big deal? Hate to break it to you, but the whole factory shuts down and it's not just your eggs that get decommissioned.

So, screw the eggs! Let's talk hormones. The 3 main sex hormones our ovaries produce aren't just here for baby-making, they're crucial for our overall health – even beyond the reproductive years.



**1 Estrogen**

**2 Progesterone**

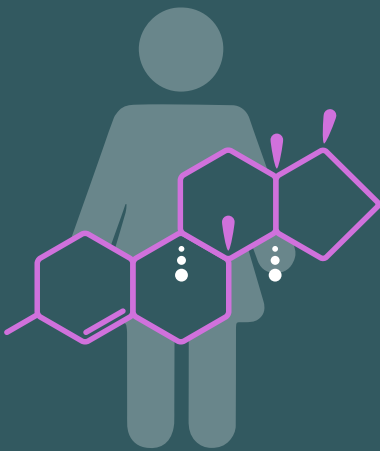
**3 Testosterone**

## Estrogen

Keeps your menstrual cycle in check, thickens the womb, and matures an egg before ovulation.

But did you know estrogen also does these major things?

- ✓ Builds and maintains muscle and bone
- ✓ Keeps your heart and brain healthy
- ✓ Maintains a healthy metabolic rate (and helps you lose belly fat)
- ✓ Keeps your vaginal biome happy

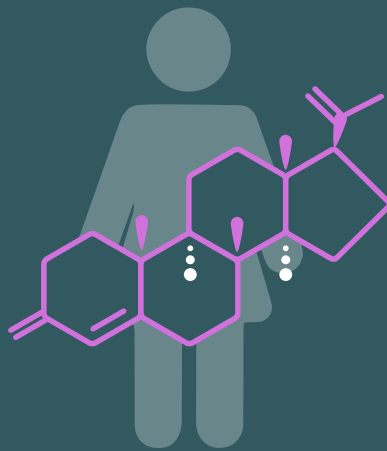


## Progesterone

This one's estrogen's partner in crime, helping manage menstrual cycles and thinning the womb to pave the way for pregnancy.

But it also;

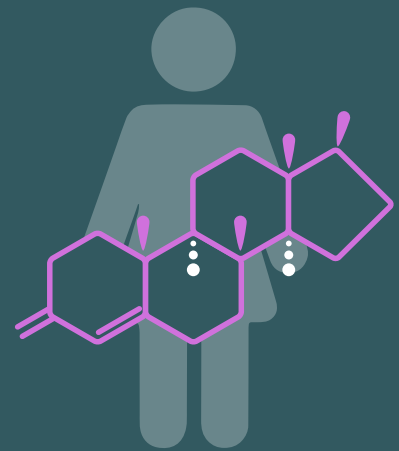
- ✓ Calms the brain, reduces anxiety, and promotes sleep
- ✓ Builds bones and protects the heart
- ✓ Cranks up your metabolic rate

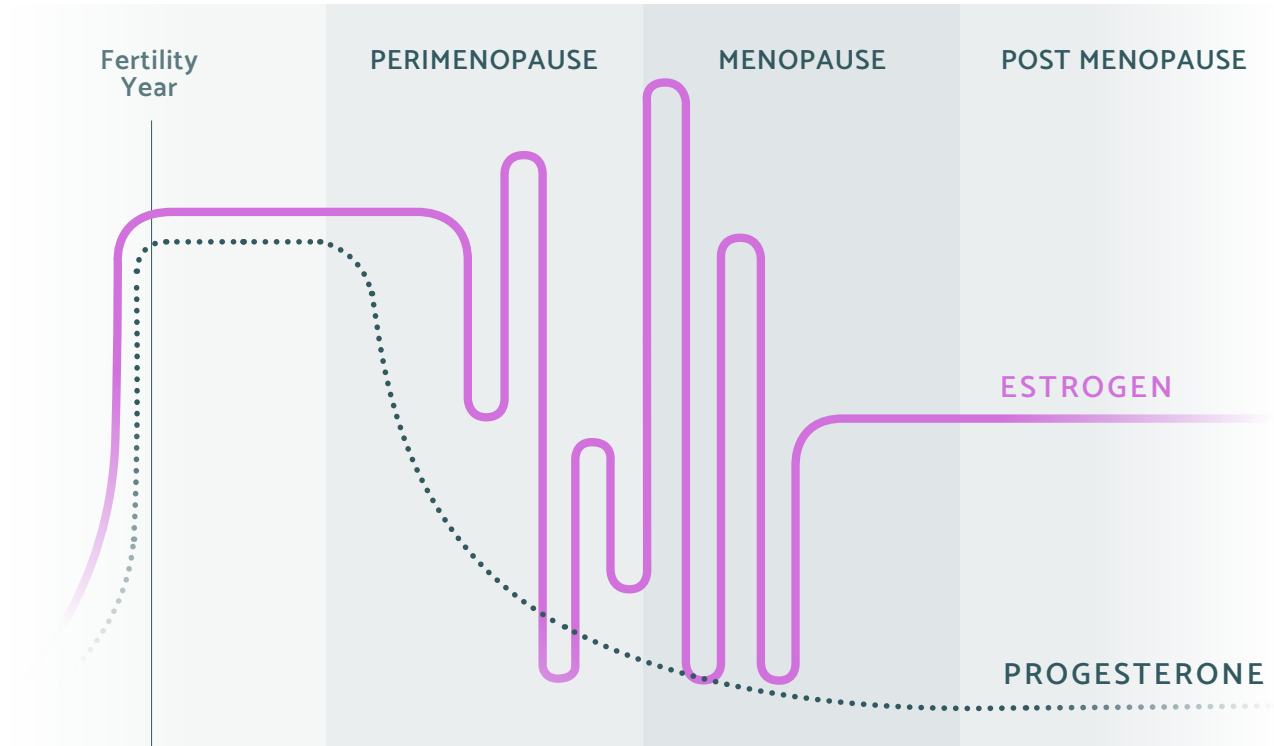


## Testosterone

Not just for the guys – this underrated hormone is a game-changer for women, too. At the right levels, testosterone;

- ✓ Helps maintain muscle and bone strength
- ✓ Stimulates sex drive
- ✓ Helps boost your “mojo” and overall sense of well-being





## The Hormone lifecycle

“ Just like puberty, it takes time for our bodies to adjust to these hormone-level changes ”

## How does menopause factor in?

Think of perimenopause as the eviction notice for your happy, healthy hormone production. As the factory starts to shut down, these hormones decline, and voila, up to 80% of us females start to experience menopause symptoms ([access the full list here](#)).

Now, the good news is that our bodies don't fully go on strike. They still produce these hormones, just in smaller quantities, courtesy of our adrenal glands, gut and fat cells. Plus, our ovaries throw in a bit of estrogen by transforming androgens, but I'll spare you the science talk.

Just like puberty, it takes time for our bodies to adjust to these hormone-level changes. And while it's a natural process, our current health, environment and lifestyle choices can turn it into a bumpy ride. That's why understanding this hormonal shuffle is crucial, and why you need a plan. (Don't have a plan? [Grab mine here](#)).

So there you have it – the inside scoop that'll change how you see your periods (if you still have them. Or mourn for them if you don't). Your ovaries might have just become your new BFF.

Keen to explore further? Grab a copy of my [Menopause Basics](#) and [Menopause Symptoms](#).

[menopausewithgrace.com.au](https://menopausewithgrace.com.au)

**MENQPAUSE**  
*with grace*