ESSENTIALS

Wait... THAT Can Be a Symptom?

The Not-So-Obvious Guide to PERIMENOPAUSE, MENOPAUSE & CHANGING HORMONES

Real talk. Helpful info. A healthier, happier you. ♡



You're Not *Imagining It.*

So many women tell us the same thing...

"I just don't feel like myself."

"Something feels different."

"I can't figure out why."



You're not alone – and you're not overreacting.

Hormonal changes during perimenopause and menopause can affect more than your period. They can impact your energy, mood, sleep, metabolism, skin, bones, brain and more.

This guide will help you:

- ✓ Recognize common (and not-so-common) symptoms
- ✓ Understand why hormones matter
- ✓ Learn what you can do about it
- ✓ Feel informed, empowered and supported

A brighter you starts here. ♡

The Usual Suspects

(Everybody Talks About)



Hot flashes



Night sweats



Irregular periods



Trouble sleeping

The Not-So-Common Symptoms

(But Very Real)



Brain fog & memory changes



Anxiety, irritability & mood shifts



Heart palpitations



Joint & muscle pain



Thinning hair & hair loss



Skin changes & adult acne



Bloating & digestive issues



Stubborn weight changes



Bladder changes & more UTIs



Savory or strong-smelling urine



Itchy skin or “ants crawling” sensations



Changes in libido

Hormones Have More Than One Job

(Plot twist: they're not just about your period.)

Hormones—especially estrogen, progesterone and testosterone—work together in many areas of the body. When levels change, it can affect your whole system, not just your menstrual cycle.

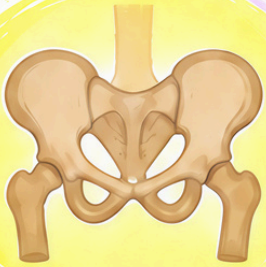


- Bone health
- Brain function
- Heart & cardiovascular health
- Mood & mental well-being
- Metabolism & weight regulation
- Skin, hair & collagen production
- Vaginal, urinary & sexual health
- Muscle mass & strength
- Sleep quality

When hormones are in balance, you feel the difference in every area of life.

Because you deserve more than just "getting by."

A Closer Look at What's Happening



YOUR BONES

STRONGER NOW. STRONGER LATER.

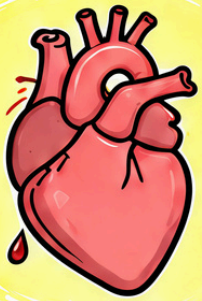
Estrogen helps keep bones strong by supporting the balance between bone breakdown and new bone formation. As estrogen declines, bone loss can accelerate, increasing the risk of osteoporosis.



YOUR BRAIN

MORE THAN JUST BRAIN FOG.

Estrogen affects memory, focus, mood and nervous system function. Changes in hormone levels can contribute to brain fog, word-finding issues, anxiety, and mood shifts.



YOUR HEART

HEALTHY TODAY. TOMORROW TOO.

Estrogen helps support healthy blood vessels, cholesterol levels and circulation. After menopause, cardiovascular risk increases, which is why this stage of life is a great time to focus on heart-healthy habits.



YOUR METABOLISM

IT'S NOT JUST YOU.

Hormonal changes can affect how your body stores fat, regulates blood sugar and maintains muscle mass. Many women notice a slower metabolism and more stubborn weight, even with the same routine.

Hormones don't just influence how you feel today—they play a big role in your long-term health.

The Personal Stuff *(Matters Too)*



SKIN, HAIR & COLLAGEN

GLOW DIFFERENTLY AT EVERY AGE.

Lower estrogen can lead to drier skin, reduced elasticity, more fine lines, and thinning hair. Collagen production also declines, which can affect skin, joints and overall firmness.



VAGINAL & URINARY HEALTH

YES, WE'RE TALKING ABOUT IT.

Estrogen helps keep vaginal and urinary tissues healthy. Lower levels can lead to dryness, discomfort, changes in libido, and increased risk of UTIs.



SAVORY-SMELLING URINE?

YOU'RE NOT THE ONLY ONE.

Some women notice a stronger or "savory" smell to their urine. This can be related to hormonal changes, but it can also be caused by diet, hydration, medications or infection. If you notice a persistent change (especially with other symptoms like burning or urgency), it's worth discussing with your provider.



LIBIDO & RELATIONSHIP CHANGES

IT'S ABOUT MORE THAN JUST DESIRE.

Hormonal shifts can impact desire, arousal and comfort. The good news? There are options, and you don't have to just "work around it."

Every symptom matters. Every you matters.

So… Do I Need Hormones?

Not necessarily. ♡

Hormone therapy can be very effective for many women and may help relieve symptoms and protect bone health. But it's not the right choice for everyone. There are also non-hormonal options and lifestyle strategies that can make a big difference.

That's why we start with you—not a prescription.

- ✓ We take the time to understand your symptoms.
- ✓ We review your health history, lifestyle and goals.
- ✓ We determine if testing is appropriate.
- ✓ We discuss all of your options—hormonal and non-hormonal.
- ✓ We create a plan that's tailored to you.

You'll meet with our expert provider, **Tiffany Bonnell, FNP,** who will guide you through the process. If needed, your plan will be developed in collaboration with **Dr. Michael Lesser**, our fellowship-trained and board-certified physician specializing in BHRT and anti-aging medicine.

Real conversations. Real solutions. ♡



DR. MICHAEL LESSER, MD
Medical Director



TIFFANY BONNELL, FNP
Nurse Practitioner

OUR GOAL IS SIMPLE:

To help you feel like you again, with care that is personal, thoughtful and rooted in science.

Your Next Steps

Let's do this together.

Our BHRT program is a comprehensive, step-by-step process designed to give you clarity, confidence and lasting results.

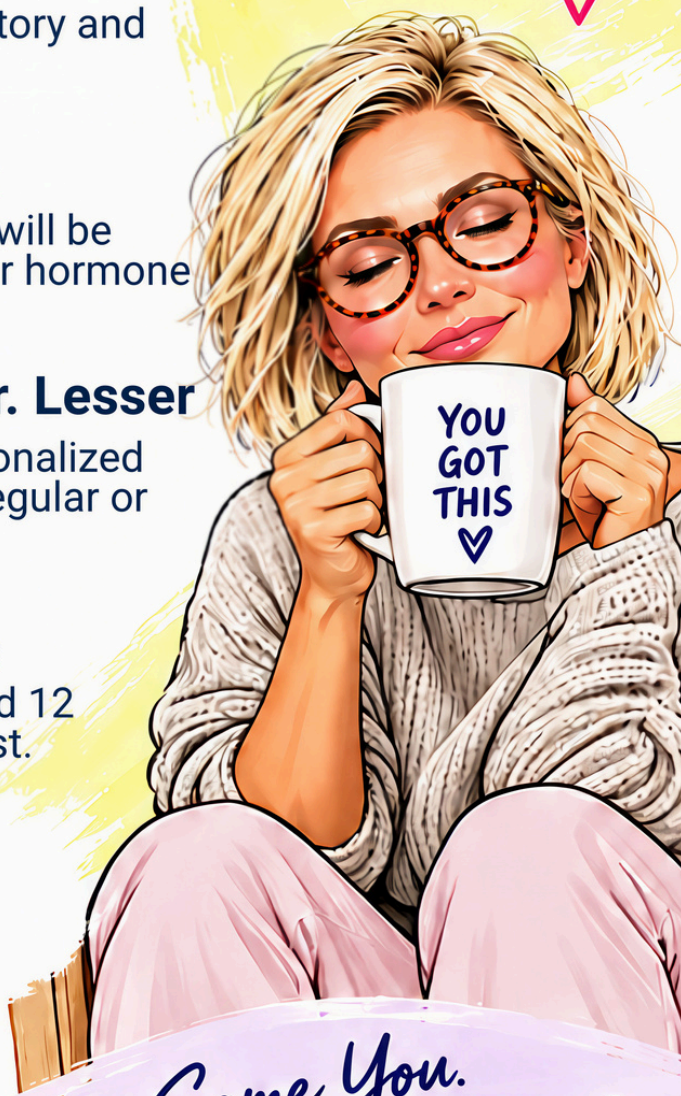
1. **Initial Welcome Consultation with Tiffany**
   We'll discuss your symptoms, health history and goals.

2. **At-Home Saliva Kit + Lab Work**
   A ZRT saliva kit and additional lab work will be ordered to get a complete picture of your hormone health.

3. **Results & Rx Evaluation with Dr. Lesser**
   Your results will be reviewed and a personalized prescription plan will be created using regular or compound options.

4. **Ongoing Support & Follow-Ups**
   We'll monitor your progress at 1, 3, 6, and 12 months to ensure you're feeling your best.

More Energy
Better Sleep
A Clearer Mind
A Healthier You



Same You. Just Better.

Your Symptom Tracker

Use this page to track what you're experiencing.
Bring it to your consultation to help us get a complete picture.

SYMPTOM	YES	NO	NOTES
Hot flashes			
Night sweats			
Mood changes			
Sleep disturbances			
Fatigue			
Weight changes			
Irregular periods			
Brain fog			
Low libido			
Joint aches			
Thinning hair			
Dry skin			
Anxiety/Irritability			
Headaches			
Digestive changes			
Acne/skin changes			
Other			