

Week to week plan for the perimenopause course

Week 1 - What the hell is happening to me and gentle detox start.

Goal = understand the full body impact of hormones and get you ready to start the gentle detox

- Meet the big three hormones; oestrogen, progesterone and testosterone
- Detailed information about the impact that oestrogen, progesterone and testosterone have on the body and brain and how this might translate into symptoms that you experience.
- Covering off the gentle detox, the recommendations and how to prepare for it.
- Getting to know each other a bit (no – we aren't going to put you all on the spot to tell us your life story I promise)
- Question and discussion time. Ensuring that goal of this week is met and you feel ready to go for the detox.

Week 2 and Week 3 – It's all about what we eat, when we eat and why we eat.

(note that because this is such a big subject matter it will cover 2 weeks)

Goal = understand the role that diet can have on your symptoms and future health

- Why is there weight gain around this time?
- Exploring proteins, carbohydrates and fats in more detail – what do they provide the body and what is suggested at this time of life.
- How to read a nutrition label
- Options for food timing and why food timing can matter.
- Food planning
- Mindful eating and emotional eating (and drinking)
- The question of soy foods
- Question and discussion time. How is everyone feeling on the gentle detox. Ensuring that the goal of this week is met, and you feel confident to try some new strategies.

Week 4 – Why are you carrying on about stress?

Goal = understand why stress management strategies are critical at this time and develop tools for your stress management tool kit (because just saying “reduce your stress” is stupid).

- Fluctuating hormones and the stress response system
- How stress can impact perimenopause symptoms
- Options for stress management.
- The Vagus Nerve and stress

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- GUEST – Sarah Kottman, certified breathing coach takes us through a 30 minute breathing exercise.
- Question and discussion time. How can you apply these strategies to each of your lives. Any questions about coming off the gentle detox.

Week 5 – Discussions about Vagina's.

Goal = talk about what we rarely talk about – vagina's. Understand the changes and how you can maintain good vaginal health.

- The healthy vaginal ecosystem
- What happens to the vaginal ecosystem in perimenopause and menopause.
- Vaginal infections and UTI's
- Painful sex
- Things that can help
- Questions and discussions – I get this is a sensitive topic. Questions can be sent to me beforehand and I'll answer anonymously if you did not want to voice them in the group.

Week 6 – The other lifestyle fundamentals, sleep and exercise

Goal = understand the role that sleep and exercise has in relieving symptoms and ensuring future health.

- What health benefits does sleep have?
- Strategies to improve sleep quantity and quality.
- The role of lean muscle mass in health
- Why exercise is more critical than ever before
- The do's and don'ts of different exercises
- The options – it doesn't have to be a gym
- Questions and discussions. How can you plan your schedule with this information in mind.

Week 7 – Possible supplements for perimenopause and menopause and how they can help.

Goal = understand some of the supplements that are out there and how they could be applied if you wanted to try any of them.

- Nutrients that can help and why
- Herbs that can help and why
- Contraindications for the above
- Questions and discussions. Making sure that if you are thinking of supplements, you know which ones would be appropriate for you and your symptoms.

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Week 8 – Pharmaceuticals for perimenopause and menopause and how they can help

Goal = understand the current hormone therapy approach. (Noting that I am not a doctor or a pharmacist but am up to date with current prescribing approaches and peak menopause association recommendations)

- Clearing up the controversy
- Bioidentical vs body identical – what’s the diff?
- The current options
- Contraindications for above
- Our last week!
- Discussion and questions. Where do we go from here?

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