



AIM WELLNESS MEDICAL SPA

Menopause Survival Guide: Hormones, Habits & Hope

What is Menopause?

- Menopause is defined as 12 months without a menstrual cycle, with the average age around 51.
- Decline in estrogen, progesterone, and testosterone affects the entire body including the brain, heart, bones, and metabolism.

Hormone Therapy: The Gold Standard

- Estradiol is the most effective FDA-approved treatment for hot flashes and night sweats.
- It improves sleep, mood, and overall quality of life.
- Testosterone pellets can improve libido, energy, mood, and muscle strength.
- Emerging evidence shows breast cancer survivors may also benefit from testosterone pellets under medical supervision.

Why Weight Gain Happens in Menopause

- Declining estrogen leads to fat storage in the abdomen.
- Loss of muscle mass slows metabolism.
- Shifts in appetite hormones: ghrelin rises (more hunger), leptin sensitivity falls (harder to feel full).
- Insulin resistance worsens, making it easier to gain belly fat.

Lifestyle & Nutrition Strategies

- Strength training 2–3x/week to preserve muscle and bone density, boost metabolism, and improve confidence.
- Time-restricted eating (10–12 hours or 16:8 pattern) improves insulin sensitivity and supports fat burning.
- Eat protein-rich, fiber-rich meals with healthy fats for hormone support.
- Stay hydrated and limit alcohol and processed foods.

Non-Hormonal Medical Options

- SSRIs & SNRIs (paroxetine, venlafaxine, escitalopram) can reduce hot flashes and improve mood.
- Veozah (fezolinetant) is a new FDA-approved non-hormonal option for hot flashes.
- Vyleesi (bremelanotide) offers on-demand support for low sexual desire in some women.

Botanical & Natural Supports

- Black cohosh for hot flashes.
- Ashwagandha for stress, mood, and sleep.
- Maca and ginseng for libido and energy.
- Pycnogenol for vascular and hot flash relief.
- Omega-3s and phytoestrogens (flaxseed, soy, legumes) for brain and cardiovascular support.

Key Takeaway

- Menopause is not the end—it's a new beginning.
- With the right mix of lifestyle, nutrition, hormone therapy, or non-hormonal options, you can thrive in this new stage of life.
- Work with a trusted provider to create a personalized plan that supports your brain, bones, heart, and overall vitality.

■ **Call us today at (606) 393-6193 or visit www.aimforchange.net to schedule your Comprehensive Hormone Consultation!**