

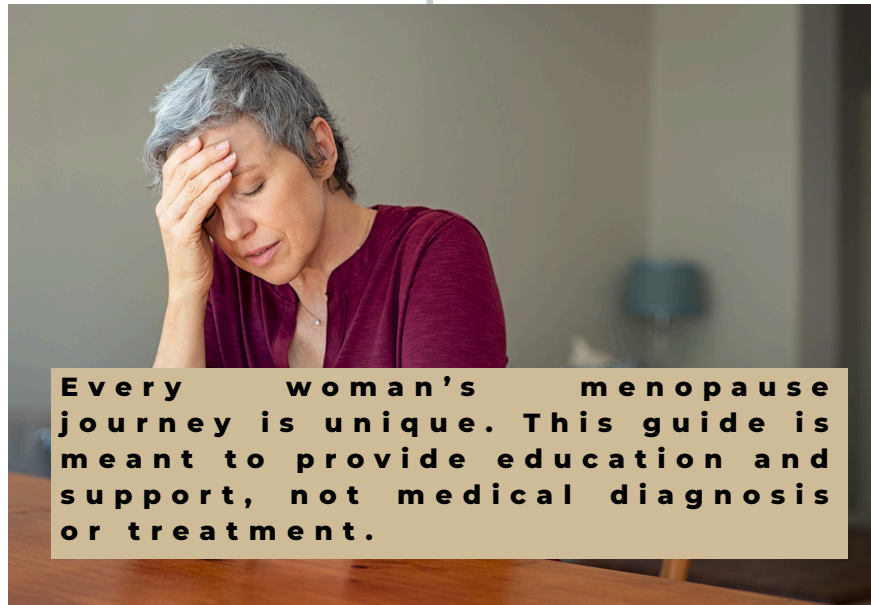
Menopause SYMPTOM DECODER

WHAT'S REALLY GOING ON
IN YOUR BODY
(AND NATURAL WAYS TO
SUPPORT IT)



WWW.THATMENOPAUSEMENTOR.COM

Introduction



Every woman's menopause journey is unique. This guide is meant to provide education and support, not medical diagnosis or treatment.

Menopause is often talked about as if it only comes with hot flashes and night sweats.

But the truth is that hormone shifts during perimenopause and menopause can affect nearly every system in the body.

Many women are surprised when symptoms like brain fog, anxiety, stubborn weight gain, joint pain, fatigue, or sleep disruptions suddenly appear in their 40s or 50s.

Because these symptoms can feel unrelated, women are often told it's simply part of aging or stress.

In reality, your body may be responding to changing hormone levels. Understanding what's happening is the first step toward supporting your body in a way that actually helps.

This guide will help you decode some of the most common menopause-related symptoms and share simple, natural ways to begin supporting your body through this transition.

Menopause SYMPTOM DECODER

What Your Body Might Be Trying to Tell You

Hormone changes during perimenopause and menopause affect much more than reproductive health. Estrogen, progesterone, and cortisol interact with your brain, metabolism, joints, gut, and nervous system. That's why symptoms that seem unrelated can actually share the same root cause.

Here are some of the most common connections.

SYMPTOM	POSSIBLE HORMONE SHIFT	WHY IT HAPPENS	NATURAL SUPPORT IDEAS
Brain Fog	Estrogen decline	Estrogen supports neurotransmitters and memory function in the brain	Prioritize sleep, omega-3 foods, strength training
Anxiety or Irritability	Progesterone decline	Progesterone has calming effects on the nervous system	Magnesium, breathwork, stress reduction
Weight Gain (especially belly)	Estrogen decline + cortisol imbalance	Hormone changes affect metabolism and fat storage	Protein-rich meals, blood sugar balance, strength training
Joint Pain or Stiffness	Estrogen decline	Estrogen helps support joint lubrication and reduces inflammation	Anti-inflammatory foods, collagen, gentle movement
Sleep Disruption	Progesterone decline	Progesterone supports relaxation and sleep cycles	Evening wind-down routine, magnesium glycinate
Sugar Cravings	Blood sugar instability	Hormone changes can increase insulin resistance	Balanced meals with protein, fiber, healthy fats
Fatigue	Hormone fluctuations + stress	Hormones influence energy production and adrenal response	Nutrient-dense foods, stress management, quality sleep

Many of these symptoms can overlap and influence each other. When hormones shift, the body often sends multiple signals at once.

The goal is not to fight your body – it's to understand what it may be asking for.



Surprising Symptoms Many Women Don't Realize Are Linked to Menopause

Most women expect hot flashes and night sweats when they think about menopause. But hormone changes during perimenopause and menopause can influence many systems in the body, including the brain, metabolism, digestive system, and nervous system. Because of this, symptoms that seem unrelated can actually be connected to shifting hormone levels.

Many women are surprised to discover that what they've been experiencing may be part of the hormonal transition of midlife.

Commonly Overlooked Symptoms

Brain fog or difficulty concentrating	Increased anxiety or irritability
Joint pain or stiffness	Sudden weight gain, especially around the belly
Sleep disruption or waking during the night	Sugar cravings or changes in appetite
Digestive issues or bloating	Fatigue or low energy
Heart palpitations	Dry skin or hair changes

Important Reminder

Just because these symptoms are common during menopause does not mean you have to simply push through them. Understanding what's happening in your body is the first step toward supporting it in a way that helps you feel better. With the right lifestyle, nutrition, and stress support, many women find that these symptoms improve significantly.

Many women are surprised to learn that symptoms like anxiety, joint pain, digestive changes, and brain fog can be connected to hormone shifts during perimenopause and menopause.



Natural Ways to Support Your Body During Menopause

Hormone changes during perimenopause and menopause can affect energy, mood, sleep, metabolism, and overall wellbeing. While this transition is natural, that doesn't mean you have to simply "push through" uncomfortable symptoms.

Supporting your body with intentional lifestyle choices can make a meaningful difference in how you feel during this stage of life.

Here are a few foundational areas that many women find helpful.

Nourish Your Body with Whole Foods

Nutrition plays a powerful role in supporting hormone balance. Prioritizing whole foods, healthy fats, quality protein, and fiber can help stabilize blood sugar, support metabolism, and provide the nutrients your body needs during this transition.

Focus on meals that include:

- Lean proteins
- Colorful vegetables and fruits
- Healthy fats such as olive oil, avocado, and nuts
- Fiber-rich foods that support gut health

Support Stress and Cortisol Balance

Chronic stress can intensify many menopause symptoms by increasing cortisol levels. Incorporating stress-supportive habits into your day can help calm the nervous system and improve overall wellbeing.

Helpful practices may include:

- Walking or gentle movement
- Deep breathing or mindfulness practices
- Spending time outdoors
- Prioritizing rest and recovery

Move Your Body Consistently

Movement supports hormone balance, metabolism, and mental clarity. Strength training, walking, yoga, and other forms of regular activity can help maintain muscle mass and support healthy metabolism during midlife.

The key is consistency, not intensity.

Prioritize Sleep

Sleep becomes especially important during menopause, yet it's often one of the first areas to be disrupted. Creating a consistent bedtime routine, reducing evening stress, and limiting screen exposure before bed can support healthier sleep patterns.

Listen to Your Body

Every woman's menopause experience is unique. What works well for one person may look different for another. Paying attention to how your body responds to food, movement, stress, and sleep can help you make adjustments that support your overall wellbeing.

A Moment to check in with *Your Body*

As you read through this guide, you may have recognized some symptoms that sound familiar.

Take a moment to check in with yourself.



Which of these have you been experiencing recently?

- Brain fog or trouble concentrating
- Anxiety or irritability
- Don't forget to hydrate
- Sleep disruption or waking during the night
- Joint pain or stiffness
- Have at least one tech-free evening
- Digestive issues or bloating
- Fatigue or low energy
- Sugar cravings or appetite changes
- Sudden weight gain, especially around the belly

Sometimes simply recognizing these patterns can bring clarity. Many women spend years wondering why their bodies suddenly feel different, not realizing these changes may be connected to hormone shifts during perimenopause and menopause.

Understanding what your body may be asking for is the first step toward supporting it in a way that helps you feel better.

You're not imagining these changes — and you're not alone in experiencing them.



Next STEPS

You Don't Have to Navigate Menopause Alone

For many women, the changes that come with perimenopause and menopause can feel confusing and frustrating. Symptoms appear suddenly, energy shifts, and it can feel like your body is no longer responding the way it used to.

The good news is that this transition doesn't have to mean simply "pushing through" uncomfortable symptoms.

With the right knowledge, lifestyle support, and hormone-friendly habits, many women discover they can feel stronger, clearer, and more energized than they have in years. That's exactly why I created That Menopause Mentor — to help women better understand what's happening in their bodies and learn practical ways to support their health during midlife.

Stay Connected

If you found this guide helpful, I'd love to keep supporting you.

When you joined this guide, you were added to my email community where I regularly share:

- practical menopause education
- natural strategies to support hormone balance
- nutrition and lifestyle tips for midlife health
- resources designed to help women feel their best during this stage of life



Coach Shannon
Certified Integrative Health Coach
That Menopause Mentor



@That_Menopause_Mentor



Shannon Wade - The Menopause Mentor



thatmenopausementor

WWW.THATMENOPAUSEMENTOR.COM