

THE CRAVING & MOOD FIX

**NATURAL STRATEGIES TO CALM THE
ROLLERCOASTER OF PERIMENOPAUSE**



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FOUNDER OF THAT MENOPAUSE MENTOR™**

Welcome, Beautiful Midlife Woman

If you've ever found yourself elbow-deep in the snack drawer or crying over a commercial—then felt totally confused about where it all came from—know this: You are not alone, and you are definitely not crazy.

You're likely in perimenopause, and your hormones are throwing your mood, your cravings, and your energy into a whirlwind.

This guide is your gentle, judgment-free roadmap to calming the chaos—naturally.

We're going to talk about food, stress, mindset, and a few tools that can help you feel like YOU again.

Let's dive in.

Part 1: Why You Crave Sugar Like a Teenager

Hormonal changes in perimenopause affect the way your body processes insulin, handles stress, and regulates mood. The result?

- **Sudden, intense sugar cravings**
- **Feeling hangry even when you just ate**
- **Emotional rollercoasters that leave you drained**

Here's why it happens:

- **Estrogen + progesterone fluctuations** mess with blood sugar balance.
- **Cortisol (your stress hormone)** ramps up sugar cravings.
- **Lower serotonin** = more emotional eating.

The key is not to eliminate sugar completely overnight—but to support your body so the cravings naturally quiet down.

Part 2: 5 Foods That Naturally Balance Blood Sugar and Mood

These real, whole foods help keep your mood more stable and reduce those crash-and-burn cravings:

1. Avocados

Rich in healthy fats that keep you full and stabilize blood sugar.

2. Salmon or Sardines

Packed with omega-3s that nourish the brain and reduce inflammation.

3. Sweet Potatoes



A slow-digesting carb that satisfies comfort cravings without the crash.

4. Chia Seeds

Loaded with fiber and plant-based protein to slow sugar absorption.

5. Berries

Low in sugar but high in antioxidants—great for energy and brain clarity.

 **Pro Tip:** Try building your meals with the “Fab Four” approach—protein, healthy fat, fiber, and greens. 

Part 3: Track Your Triggers with the Mood Map

Often, cravings and mood swings come in predictable patterns—but most of us are too busy to notice.

Use this simple “**Mood Map**” for 3–5 days and start connecting the dots.

TIME	WHAT I ATE	ENERGY LEVEL	MOOD	CRAVINGS	STRESS LEVEL (1-10)

- Reflection Questions: (make room for responses)
- When are your cravings strongest?
 - Are they physical or emotional?
 - Is there a connection between what you eat and how you feel?

Part 4: Calming Emotional Overwhelm Naturally

Perimenopause mood swings can feel intense—but the fix isn't always found in a prescription.

Try these supportive practices:

- Morning sunlight: Boosts cortisol rhythm and serotonin naturally.
- Adaptogens: Herbs like ashwagandha and rhodiola help regulate cortisol.
- Deep belly breathing: Signals your nervous system to calm the heck down.

Grounding practices: Nature walks, journaling, or even hugging your dog (hi, Ruby! 🐾)



Part 5: A Sample One-Day Hormone-Friendly Menu

Here's a real-food day that supports your blood sugar, stress response, and sanity:

Breakfast:

Hormone-balancing smoothie:

- Unsweetened almond milk
- ½ avocado
- Handful of spinach
- ½ banana
- 1 scoop clean protein
- Chia seeds + cinnamon



Lunch:

Big salad with mixed greens, grilled salmon, walnuts, roasted sweet potato chunks, and olive oil + apple cider vinegar dressing

Snack:

Handful of almonds + green tea with lemon

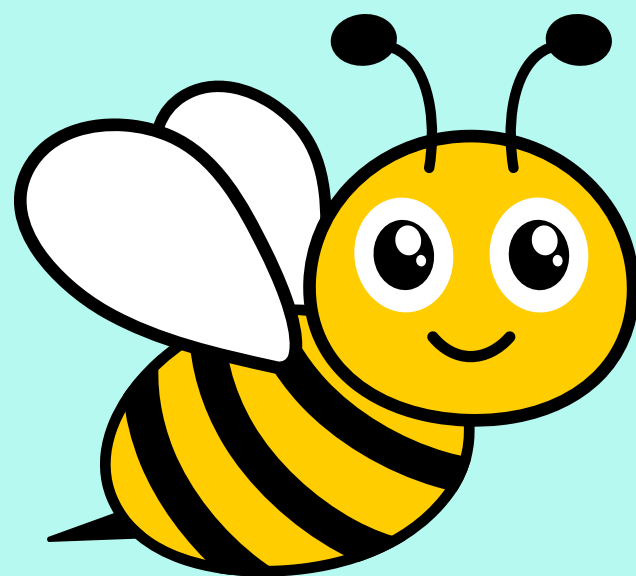
Dinner:

Grilled chicken thighs, sautéed greens in coconut oil, wild rice

Optional: glass of tart cherry juice for sleep support

Evening:

1 square of 85% dark chocolate + magnesium glycinate supplement



Part 6: My #1 Supplement for Cravings and Mood

After years of struggling with my own menopausal symptoms, I finally found something that supports both my gut health and mental wellness—because the two are 100% connected.

It's called Happy Juice, and it helps support:

- **Stable mood**
- **Less brain fog**
- **Fewer cravings**
- **More energy and resilience**

Want to learn more? Shoot me a message or visit

<https://www.amare.com/et/rtdihd/161470>

Let's Keep This Conversation Going

Perimenopause is messy, beautiful, wild, and powerful.
You don't have to do it alone.

Want personalized support or a plan that fits your
lifestyle and schedule?

Book a free discovery call with
me<https://wix.to/WQW4v0c>

Take my Menopause Archetype
Quiz:<https://www.thatmenopausementor.com/quiz>
Or just shoot me a message on IG:
@ThatMenopauseMentor

You're not broken. Your body is just asking for
something different. And I'm here to help you listen.

With so much love,
Coach Shannon Wade
Certified Integrative Health Coach
[ThatMenopauseMentor.com](https://www.thatmenopausementor.com)

