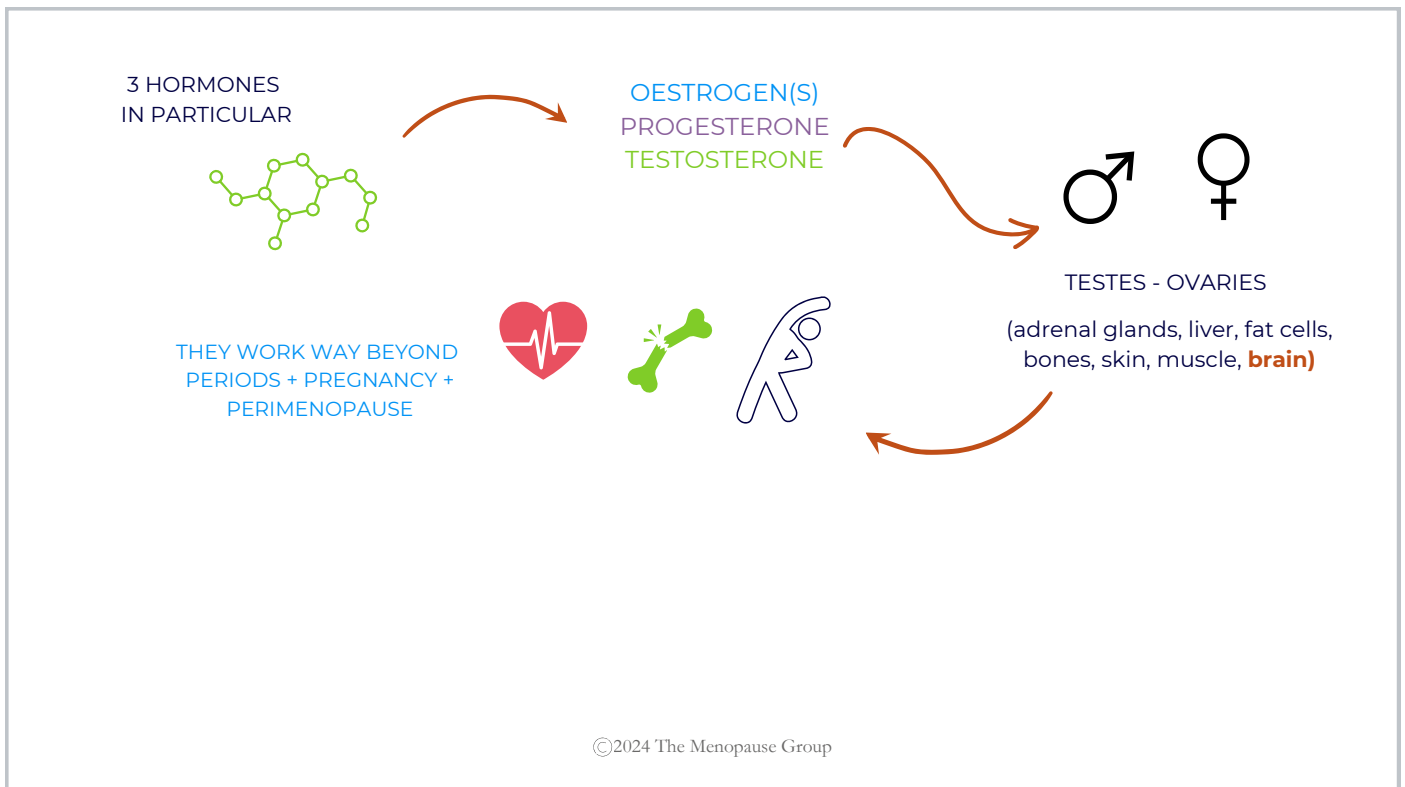


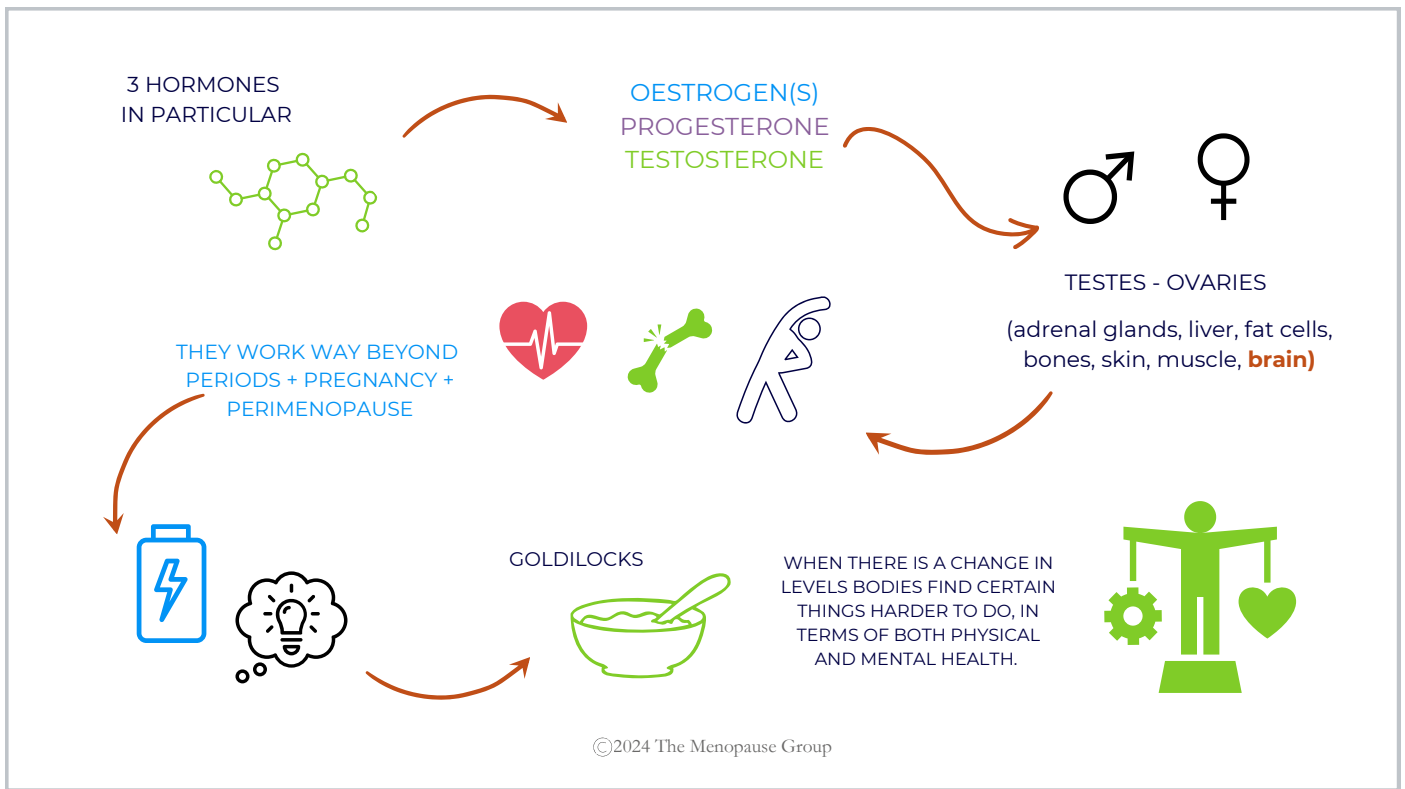
To explain the menopause experience we need to re-learn some basic biology, starting with hormones.

Hormones, and the endocrine system, are like an invisible operating system controlling our bodies' collective settings.

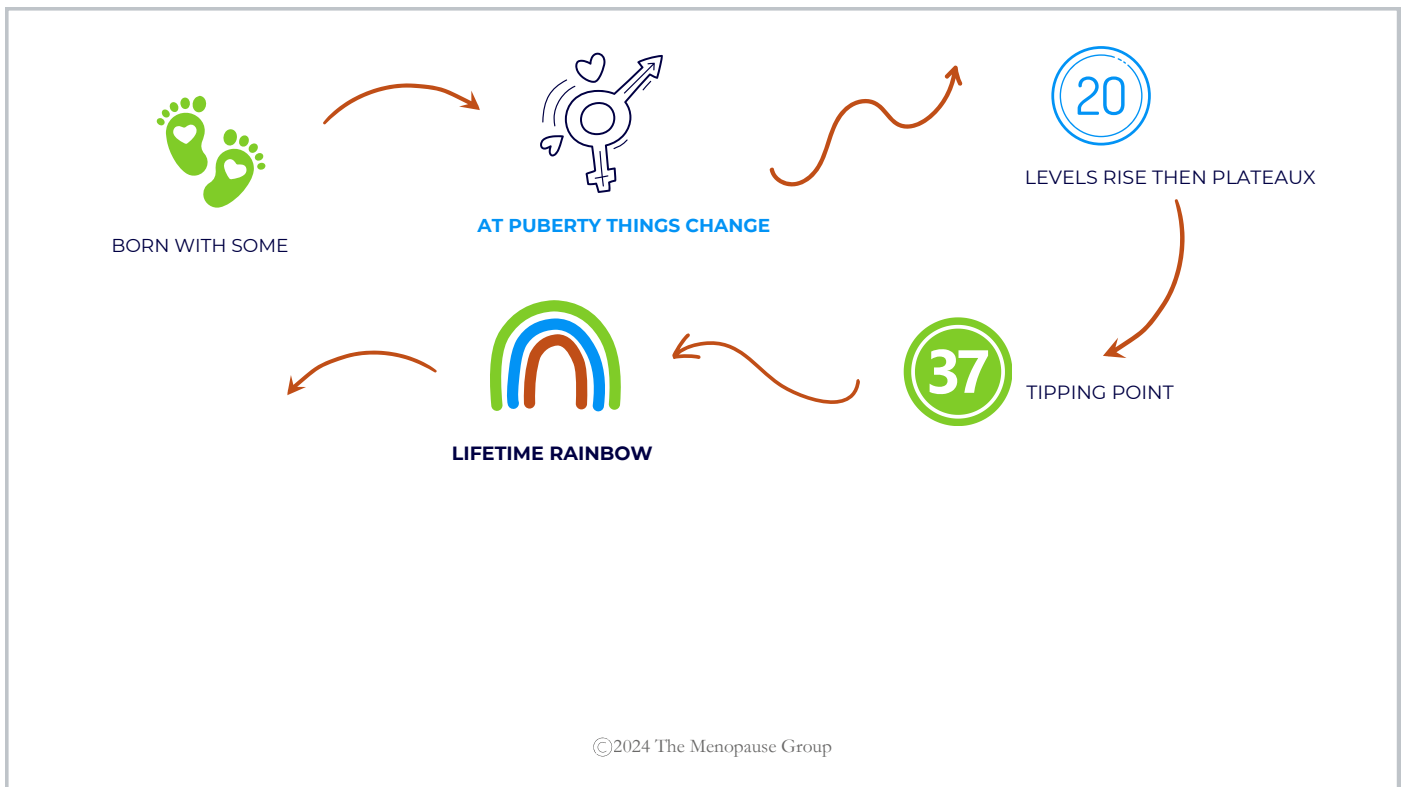
They work as a team and are essential to life.



There are three hormones in particular, made in all humans, called sex hormones, that feature heavily in this story.
In menstruators, they work way beyond periods, pregnancy, and perimenopause.



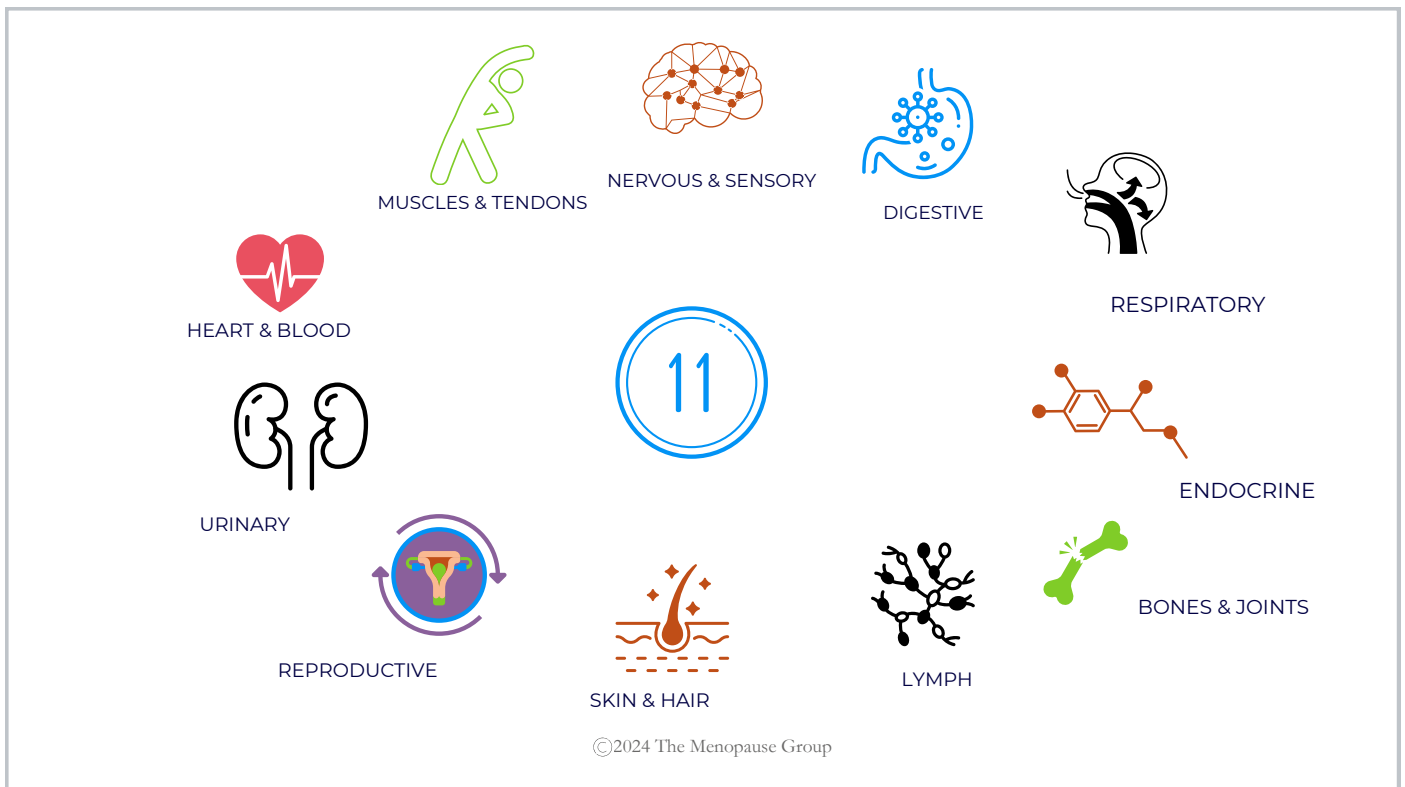
Those three hormones, alone support every function in the body, one way or another. Combined they manage our physical and mental health. All hormone levels change every day. The best operating balance of hormones is the one we call the Goldilocks level. Not too much, not too little, but just right.



All humans are born with sex hormones. At puberty, things change when male and female physiologies start two very different kinds of hormone journey. As well as daily and monthly levels they change over age as well. If we were to plot the levels on a graph it would look something like a rainbow shape.



Daily levels impact all 11 systems in the body, and the levels are influenced by our environment and a collection of other factors, such as how we breathe, what we eat and drink, how we move, and how much stress we are under. Remember the body prefers the Goldilocks level.



For clarity when we talk about the 11 systems, this is what we mean. The complete set of mind and body processes are coordinated by 11 different functional networks.

www.MenopauseGroup.org