



# The 7 Archetypes of Perimenopause

## Welcome to Your Perimenopause Archetype Report

Perimenopause—the transition phase before menopause—is a significant but often misunderstood time in a woman's life. During this period, which can last anywhere from 4 to 10 years, your body undergoes numerous hormonal shifts that can affect virtually every aspect of your wellbeing.

## Why This Quiz Matters

Every woman's perimenopause experience is unique. While some navigate this transition with minimal disruption, others experience significant physical, emotional, and cognitive symptoms that impact their quality of life, energy, weight, mood, sleep, and more.

If you've been faithfully following "all the right advice" yet still don't feel like yourself—know that you're not alone.

The nutrition, exercise, and lifestyle habits that once worked for your body may no longer be effective. In fact, following the *wrong* approach for your current hormonal pattern—like eating too little, overtraining, or ignoring stress—could actually be making things harder, not better.

That's where the **Perimenopause Archetypes** come in. This quiz is designed to help you:

- **Identify** your unique perimenopause archetype pattern(s)
- **Understand** the root factors driving your specific symptoms
- **Implement** targeted holistic strategies customised for your body's current needs
- **Communicate** more effectively with a healthcare provider or health coach about your experiences

Each archetype represents a distinct hormonal pattern with different requirements—whether in nutrition timing, movement strategies, stress management techniques, or rest and recovery approaches.

These aren't diagnoses—they're insights. Understanding your archetype helps you stop second-guessing and start aligning with what actually works *for you*.

As you move through perimenopause and prepare for the transition into menopause, it's more important than ever to tune into what your body is telling you.

**And now—you can.**

## **The Science Behind the Archetypes**

Rather than viewing perimenopause as a one-size-fits-all experience, this quiz recognises 7 distinct pattern types that reflect the various ways hormonal changes can affect your body's systems. By identifying your primary pattern type(s), you can focus on targeted strategies most likely to provide relief for your specific symptoms. This approach combines insights from:

- Endocrinology (the science of hormones)
- Functional medicine and holistic nutrition
- Clinical research on perimenopause and midlife health
- Real-world experience from thousands of women

## **How to Use This Guide**

You have completed the quiz and received your scores for each archetype. Your highest scoring types reflect the patterns that may be most active for you right now. But keep in mind you will probably have multiple archetypes as part of your pattern. This shows how various systems contribute to your symptoms.

- Review the archetype(s) you scored highest in. If a tie, review both and see which feels more relevant.
- If there are a couple closely rated archetypes, read through these as well, as they will be important to include when you explore recommendations

- Explore the suggested lifestyle habits (nutrition, mindset, movement, etc.) for your archetype (Remember: these insights build on the foundational holistic health recommendations for perimenopause—like sprinkles on a cake)
- Use it as a conversation tool with myself as a perimenopause coach or your health practitioner
- Come back to it often—your experience and hormones may shift over time and this will be reflected in the archetypes

## **Where to from here**

Most women try to figure this out on their own and this is where most stay stuck because they don't know where to start, don't have time, struggle with consistency, can't change their habits.

### **This is your moment to change that.**

Work with me as your coach - as I understand this stage of life, I'm qualified, and I will guide you step-by-step with a plan tailored to you so you can get real results that last, and finally feel like yourself again.

### **Don't put this off. Your health matters. Your life matters.**

Choose your next step below and let's get started.

### **Free 30 Minute Clarity Call**

Click the [link](#) to book a free 1:1 clarity call where we will take a deep dive into your results and discuss the right next steps for you - with no obligations.

### **Book Perimenopause Nutrition Workshop (1 hour)**

Join my next workshop where I show you how to use your archetype results to unlock your biggest lever for change - **Nutrition**.

**Inside, you'll learn how to create real, noticeable shifts in your energy, weight, mood, and cravings by focusing on three powerful areas:**

- **Reduce inflammation** - feel lighter, clearer, and more energised

- **Stabilise blood sugar** - fewer cravings, no energy crashes
- **Eat for hormones & metabolism** - support fat loss and stay fuller for longer

Walk away with a simple, practical plan you can start immediately so you can finally see **consistent, lasting results without the overwhelm**. [Email me to join](#)

**Only \$39**

### **Book The Perimenopause Power Reset Programme (8 Sessions)**

For deeper transformation, this is fully personalised coaching based on your unique archetype profile. We work together over 8 sessions to build a clear, structured plan across nutrition, movement, sleep, stress, habits and hormones, so you're not guessing anymore, you're guided every step of the way. [Find out more](#)

Normally \$840 + GST

**Special Quiz Offer \$499 + GST**

*With love,*

*Micaela Parker, Be Well Live Well*

### **Important Disclaimer**

This guide is for **educational and informational purposes only** and is **not intended to diagnose, treat, or replace professional medical care**.

The archetypes are based on observed wellness patterns and are designed to support awareness—not provide medical advice. They are *not diagnostic categories*.

Always consult a licensed healthcare provider before making any changes to your health, nutrition, exercise, or supplement routine. By using this guide, you agree that you understand the content is general in nature and not a substitute for individualised care.

# Estrogen Excess Archetype

## What Is It?

This archetype shows up when estrogen levels are higher than progesterone—a common pattern during perimenopause. Estrogen stimulates, while progesterone soothes. When they're out of balance, it can lead to heavy or irregular periods, mood swings, breast tenderness, bloating, and feeling overwhelmed. For some, it may also contribute to weight changes, especially around the hips and thighs.

## It's Like...

Having your foot stuck on the gas (estrogen) without enough brake (progesterone). Your system feels overstimulated, emotionally charged, and hard to regulate. It's not about doing anything wrong—your hormones just need help finding their rhythm again.

## Common Symptoms:

- Heavier menstrual flow than usual
- Unexpected spotting between periods
- Feeling exhausted throughout the day
- Sleep problems in the week before your period
- Trouble falling asleep
- Emotional ups and downs
- Waking up sweaty at night
- Night sweats specifically before your period
- Tender or swollen breasts
- Weight gain around hips and thighs
- Mood swings and irritability

## Nutrition & Timing Recommendations

### Nutrition Focus:

- Support healthy estrogen metabolism through specific foods
- Reduce exposure to environmental estrogens
- Support liver function for hormone processing
- **Protein Focus:** Standard protein intake (20-30g per meal) with emphasis on plant sources when possible

- **Fiber Priority:** ↑ INCREASE FIBER INTAKE to support estrogen elimination
  - Aim for upper range (10g+ per meal)
  - Focus specifically on cruciferous vegetables daily (broccoli, cauliflower, Brussels sprouts)
  - Add 1-2 tablespoons of ground flaxseeds daily
- **Carb Approach:** Moderate carbs with focus on fiber-rich options
- **Key Nutrients:** Indole-3-carbinol and DIM from cruciferous vegetables, lignans from flaxseeds

### Timing Approach:

- **Timing Focus:** Consistency is your key word
- **Eating Window:** A moderate 11-12 hour window typically works well
- **Meal Pattern:** Three regular meals at consistent times daily
- **Special Consideration:** Since your hormones need stability, try to eat at similar times each day
- **Hydration Strategy:** Focus on mineral-rich hydration to support adrenal function

### Foods to Include:

- Cruciferous vegetables daily (broccoli, cauliflower, cabbage, Brussels sprouts)
- Ground flaxseeds at dinner
- Fiber-rich foods to support estrogen elimination
- Foods that support liver function (artichokes, beets, dandelion greens)

### Foods to Limit or Avoid:

- Alcohol (especially wine) within 3 hours of bedtime
- Conventional dairy and meat with added hormones
- Processed foods with artificial additives
- Foods stored or heated in plastic containers (xenoestrogens)

## Movement Recommendations

### Movement Focus:

1. **Prioritize:** Strength training & metabolism-boosting activities
2. **Include regularly:** HIIT & interval training
3. **Add supportively:** Restorative movement like yoga

## Best Movement Types:

- **Strength training:** 3 times weekly to help balance hormones and support metabolism
- **HIIT workouts:** 1-2 times weekly to support healthy estrogen metabolism
- **Daily movement:** Walking, especially after meals to support insulin sensitivity
- **Yoga & stretching:** Focus on poses that support liver detoxification (twists)

## Special Movement Considerations:

- Movement that promotes sweating helps with detoxification and estrogen clearance
- Strength training helps improve estrogen to progesterone ratio
- Include movement that specifically targets the core and pelvic region

## Movement to Modify/Avoid:

- Extremely high-intensity exercise without adequate recovery (can stress hormones)
- Excessive cardio without strength components
- Exercise in environments with poor air quality (adds to toxic load)

## Sample Weekly Movement Plan:

- **Monday:** Full-body strength training (30 min) + 10-min walk
- **Tuesday:** Yoga with focus on twists & liver-supporting poses (30 min)
- **Wednesday:** HIIT session (20 min) + 10-min walk
- **Thursday:** Rest day with gentle walking
- **Friday:** Strength training with focus on lower body (30 min)
- **Saturday:** Longer outdoor walk (45 min)
- **Sunday:** Gentle yoga & stretching (30 min)

## Sleep Strategies

### Primary Sleep Challenges:

- Difficulty falling asleep due to estrogen dominance effects on brain activity
- Night sweats and hot flashes disrupting sleep
- Anxiety or racing thoughts when trying to sleep

### Sleep Priorities:

- Support healthy estrogen metabolism to improve sleep quality
- Manage temperature fluctuations with environmental modifications
- Calm nervous system before bedtime to counteract estrogen's stimulating effects

### **Specific Sleep Recommendations:**

- **Bedtime routine:** Include 10 minutes of gentle yoga focusing on hip openers and forward folds
- **Timing matters:** Finish eating 3+ hours before bed to support liver processing
- **Sleep environment:** Keep bedroom extra cool (65-67°F) with layered bedding
- Use breathable, natural fiber bedding to manage night sweats

### **Sleep Habits to Avoid:**

- Alcohol (especially wine) within 3 hours of bedtime
- Caffeine after 2pm
- Screen time within an hour of bedtime
- Hot showers or baths right before bed (can trigger night sweats)

## **Stress Management**

### **Common Stress Patterns:**

- Tendency toward anxiety and racing thoughts
- May experience emotional intensity or mood swings
- Often feels "wired but tired"
- Stress frequently manifests as tension headaches or digestive issues

### **Stress Management Priorities:**

- Calm the nervous system without suppressing emotions
- Support healthy estrogen metabolism to reduce excess
- Create mental space between thoughts and reactions
- Find balance between action and rest

### **Specific Stress Recommendations:**

- **Thought work focus:** Journaling about anxious thoughts and working with the "is it 100% true?" question
- **Calming techniques:** Long exhale breathing patterns (4-7-8 breathing)
- **Movement for stress:** Flowing, rhythmic movement like walking or swimming

- **Daily habit:** 10 minutes of morning yoga focusing on hip openers and forward folds
- **Environment:** Minimize exposure to environmental estrogens during stressful period

### **Stress Habits to Avoid:**

- Caffeine during stressful periods (can amplify anxiety)
- Ruminating in groups that reinforce anxious thinking
- Using alcohol to manage stress (disrupts estrogen metabolism)
- Pushing through stress signals without taking break
- Toxic Load Reduction Recommendations

### **Focus Areas:**

- Minimize exposure to xenoestrogens (environmental compounds that mimic estrogen)
- Support detoxification pathways, especially in the liver
- Reduce overall chemical burden on the body

### **Environmental Changes:**

- **Kitchen:** Replace plastic food storage with glass or stainless steel containers
- **Personal Care:** Switch to clean beauty products free of parabens, phthalates, and fragrance
- **Home:** Use natural cleaning products without endocrine-disrupting chemicals
- **Water:** Filter drinking water to reduce contaminants
- **Cookware:** Use ceramic, cast iron, or stainless steel instead of non-stick cookware

### **Detox Support:**

- Dry brushing to support lymphatic drainage
- Regular sweating through exercise or sauna use
- Adequate fiber intake to support estrogen elimination through the digestive tract
- Regular consumption of bitter greens to support liver function
- Consider occasional gentle detox protocols under professional guidance

### **Daily Practices:**

- Read labels carefully on all products that contact your skin
- Avoid heating food in plastic containers
- Choose organic produce when possible, especially for the "Dirty Dozen"
- Ventilate your home regularly to reduce indoor air pollutants
- Filter indoor air if possible

## **Key Takeaway**

For the Estrogen Excess archetype, the focus is on supporting healthy estrogen metabolism, promoting hormone balance through strategic movement, optimizing sleep quality, managing stress effectively, and reducing exposure to environmental estrogens. Consistency in your daily routine, particularly with meals and sleep, is especially important for restoring balance.

# Cortisol Craver Archetype

## What Is It?

The Cortisol Craver archetype (also known as "Stress Response Pattern" in newer terminology) is characterized by elevated stress hormones, particularly cortisol. This pattern creates a distinct set of symptoms related to your body's heightened stress response and requires specific lifestyle approaches to restore balance.

## It's Like...


Having your stress response system stuck in the "on" position, creating a persistent state of alertness that makes it difficult to rest and recover properly.

## Common Symptoms:

- Staying up late even when tired ("second wind" of energy in late evening)
- Energy crash in the afternoon
- Waking up between 3-4 AM
- Trouble falling asleep at night
- "Tired but wired" feeling when trying to sleep
- Decreased interest in sex
- Feeling more anxious than usual
- Experiencing hot flashes
- Finding it hard to maintain muscle strength
- Taking longer to recover after exercise

## Nutrition & Timing Recommendations

### Nutrition Focus:

- Support adrenal function through targeted nutrition
- Stabilize blood sugar throughout the day
- Reduce inflammatory foods that can further strain the system
- **Protein Focus:**  INCREASE PROTEIN at breakfast
  - Critical to have protein within 30 minutes of waking
  - May need mid-afternoon protein snack to prevent cortisol spikes

- **Fiber Priority:** Standard fiber intake with emphasis on steady, consistent sources
- **Carb Approach:** Include more complex carbs at dinner to support sleep and relaxation
- **Key Nutrients:** Vitamin C, magnesium, B vitamins

### Timing Approach:

- **Timing Focus:** Morning nourishment and evening wind-down
- **Eating Window:** May need closer to 12 hours (avoid longer fasting)
- **Meal Pattern:** Never skip breakfast; eat within 30 minutes of waking
- **Special Consideration:** Small protein-rich snack mid-afternoon can help prevent cortisol spikes
- **Hydration Strategy:** Add a pinch of sea salt to morning water to support adrenals

### Foods to Include:

- Protein-rich breakfast (supports steady cortisol decline)
- Complex carbohydrates at dinner (supports relaxation)
- Magnesium-rich foods (dark leafy greens, nuts, seeds)
- Vitamin C-rich foods during the day (supports adrenal function)
- Adaptogenic herbs (ashwagandha, rhodiola, holy basil)

### Foods to Limit or Avoid:

- Caffeine after noon
- Refined sugar and simple carbohydrates (cause blood sugar spikes)
- Alcohol (disrupts sleep quality)
- Inflammatory foods (may vary by individual)

## Movement Recommendations

### Movement Focus:

1. **Prioritize:** Stress-reducing movement & recovery activities
2. **Moderate:** Strength training with proper recovery
3. **Limit:** High-intensity workouts (especially if sleep is poor)

## Best Movement Types:

- **Morning:** Gentle walking outdoors (15-30 minutes) for cortisol regulation
- **Mid-day:** Brief strength training (20-30 minutes, 2-3 times weekly)
- **Evening:** Restorative yoga, tai chi, or gentle stretching
- **Daily practice:** Deep breathing exercises with movement

## Special Movement Considerations:

- Focus on proper breathing during all movement (deep belly breathing)
- Emphasize mind-body activities that activate the parasympathetic nervous system
- Include "grounding" activities like walking barefoot on grass/earth
- Movement in nature has enhanced stress-reduction benefits for this archetype

## Movement to Modify/Avoid:

- Long endurance cardio sessions (can raise cortisol further)
- Evening HIIT workouts (may disrupt sleep)
- Competitive or high-pressure fitness environments
- Any exercise that leaves you feeling depleted rather than energized

## Sample Weekly Movement Plan:

- **Monday:** 20-min morning walk + 10-min evening gentle yoga
- **Tuesday:** 25-min strength training (moderate weights) + 10-min post-workout stretching
- **Wednesday:** 20-min morning walk + 15-min mid-day stretching
- **Thursday:** 25-min strength training + 10-min deep breathing exercises
- **Friday:** 20-min morning walk + 15-min evening yin yoga
- **Saturday:** Longer nature walk (30-45 min) at relaxed pace
- **Sunday:** Gentle yoga or stretching (20-30 min)

## Sleep Strategies

### Primary Sleep Challenges:

- "Tired but wired" feeling when trying to sleep
- Second wind of energy in late evening
- Waking between 2-4am with racing thoughts

## **Sleep Priorities:**

- Normalize cortisol rhythm through consistent sleep-wake schedule
- Support adrenal function with specific practices
- Create calming evening ritual to counteract evening cortisol spikes

## **Specific Sleep Recommendations:**

- **Bedtime routine:** Focus on parasympathetic activation with 4-7-8 breathing and legs-up-the-wall pose
- **Timing matters:** Be asleep by 10:30pm when possible for optimal adrenal recovery
- **Morning ritual:** 10-15 minutes of morning sunlight exposure within 30 minutes of waking
- **Evening environment:** Dim lights 2 hours before bed to support melatonin production

## **Sleep Habits to Avoid:**

- High-intensity exercise within 4 hours of bedtime
- Stimulating media or conversations in evening hours
- Caffeine after noon and "pushing through" afternoon fatigue
- Working on computers/devices within 1-2 hours of bedtime

# **Stress Management**

## **Common Stress Patterns:**

- Heightened stress response that takes longer to recover
- May swing between hyperalert and exhausted states
- Often has disrupted cortisol patterns (high at night, low in morning)
- Stress tends to manifest as sleep issues, fatigue, or anxiety

## **Stress Management Priorities:**

- Normalize cortisol rhythm through consistent routines
- Create clear boundaries between work and rest
- Support adrenal function with targeted strategies
- Build in regular recovery periods

## Specific Stress Recommendations:

- **Thought work focus:** Scheduled worry time and examining "should" statements
- **Calming techniques:** Body scanning meditation before bed and after waking
- **Movement for stress:** Gentle morning movement to reset cortisol patterns
- **Daily habit:** Consistent meals and sleep times to stabilize hormone rhythms
- **Environment:** Morning sunlight exposure within 30 minutes of waking

## Stress Habits to Avoid:

- "Pushing through" fatigue with caffeine or sugar
- High-intensity exercise when already stressed
- Screen time within 90 minutes of bedtime
- Working or problem-solving right before bed

## Toxic Load Reduction Recommendations

### Focus Areas:

- Minimize additional stressors on the adrenal system
- Support detoxification without triggering stress response
- Create an environment that promotes nervous system regulation

### Environmental Changes:

- **Digital Detox:** Set boundaries with technology (no notifications after certain hours)
- **Sensory Environment:** Reduce noise pollution and harsh lighting in home
- **Workspace:** Create ergonomic, low-stress work environment with natural elements
- **Bedroom:** Remove electronics and create a true sleep sanctuary
- **Air Quality:** Use air-purifying plants and proper ventilation to reduce indoor air pollution

### Detox Support:

- Gentle, non-stressful detoxification methods (avoid harsh cleanses)
- Epsom salt baths to support magnesium levels and stress reduction
- Support lymphatic drainage through gentle movement rather than intense exercise
- Adequate hydration with clean, filtered water

- Infrared sauna sessions if tolerated well (start with brief sessions)

### **Daily Practices:**

- Schedule media-free times throughout the day
- Create transition rituals between activities to reset stress response
- Use non-toxic personal care products to reduce chemical burden
- Choose organic foods when possible to reduce pesticide exposure
- Keep natural air purifiers like himalayan salt lamps or essential oil diffusers in frequently used spaces

### **Key Takeaway**

For the Cortisol Craver archetype, the focus is on recalibrating your stress response system, creating rhythm and consistency in daily routines, supporting adrenal function, optimizing sleep quality, and reducing additional stressors on your system. The combination of gentle movement, strategic nutrition timing, consistent sleep practices, and toxic load reduction creates a comprehensive approach to bringing your body back into balance.

# Liver Lover Archetype

## What Is It?

The Liver Lover archetype (also known as "Hormone Processing Pattern" in newer terminology) is characterized by hormonal imbalances due to impaired liver processing capacity. This pattern creates a distinct set of symptoms related to your body's ability to process hormones and clear toxins effectively.

## It's Like...

Having a sluggish filtering system that allows hormones and environmental compounds to recirculate rather than being efficiently cleared from the body.

## Common Symptoms:

- Trouble staying asleep through the night
- Waking between 1-3am (liver time in Chinese medicine)
- Difficulty focusing or concentrating
- Night sweats or temperature fluctuations during sleep
- Quick changes in mood, particularly irritability
- More sensitive to smells, chemicals, or fragrances
- New reactions to medications or supplements
- Morning fatigue with difficulty getting going
- Skin issues or itching
- Digestive challenges, especially after fatty meals
- Fatigue after eating
- Challenges maintaining muscle strength

## Nutrition & Timing Recommendations

### Nutrition Focus:

- Support liver hormone processing pathways
- Reduce burden through diet
- Increase nutrients needed for optimal liver function

- **Protein Focus:** Standard protein intake with emphasis on easier-to-digest sources
  - Space protein throughout the day
  - Include plant-based options to reduce liver burden
- **Fiber Priority:** ↑ INCREASE FIBER to support detoxification
  - Focus specifically on bitter greens and cruciferous vegetables
  - Include both soluble and insoluble fiber for toxin binding
- **Carb Approach:** Lower carbs at dinner to reduce nighttime liver burden
- **Key Nutrients:** B vitamins, antioxidants, sulfur compounds, bitter compounds

### Timing Approach:

- **Timing Focus:** Allow ample digestion time before bed
- **Eating Window:** Benefit from finishing dinner by 6-7PM
- **Meal Pattern:** Largest meal at lunch, lighter dinner
- **Special Consideration:** Lemon water upon waking to support liver function
- **Hydration Strategy:** Strategic hydration between meals to support cleansing

### Foods to Include:

- Bitter greens with dinner (arugula, dandelion, radicchio)
- Cruciferous vegetables (broccoli, cauliflower, brussels sprouts)
- Sulfur-rich foods (garlic, onions, eggs)
- Herbs that support liver function (milk thistle, dandelion, turmeric)
- Berries and other antioxidant-rich foods
- Fiber-rich foods to support elimination

### Foods to Limit or Avoid:

- Alcohol (especially in evening) as it burdens liver processing
- Heavy, fatty foods at dinner
- Processed foods with artificial additives
- Excess sugar and refined carbohydrates
- Foods you have sensitivities to (often gluten or dairy)

## Movement Recommendations

### Movement Focus:

1. **Prioritize:** Movement that encourages circulation & lymphatic flow
2. **Include regularly:** Gentle twisting movements for liver support

3. **Add daily:** Morning movement to support natural cleansing rhythms

### **Best Movement Types:**

- **Morning movement:** Gentle exercise upon waking supports natural cleansing
- **Rebounding:** Mini-trampoline jumping for lymphatic stimulation (5-15 minutes daily)
- **Yoga with twists:** Supports liver and digestive health
- **Strength training:** 2-3 times weekly with focus on proper form and breathing
- **Walking:** Daily, preferably in clean air environments

### **Special Movement Considerations:**

- Focus on proper hydration before, during, and after movement
- Exercise in clean air environments (outdoors away from pollution, or well-ventilated spaces)
- Consider infrared sauna sessions if available (supports circulation and cleansing)
- Use natural, non-toxic workout gear and equipment

### **Movement to Modify/Avoid:**

- Exercise in polluted environments
- Workouts with excessive sweating if dehydrated
- Exercise that causes significant digestive distress
- Movement in spaces with strong chemical cleaners or air fresheners

### **Sample Weekly Movement Plan:**

- **Monday:** Morning yoga with twists (20 min) + 15-min walk
- **Tuesday:** Strength training (25 min) focusing on form and breathing
- **Wednesday:** Rebounding session (10 min) + gentle outdoor walk (20 min)
- **Thursday:** Yoga flow with liver-supporting poses (30 min)
- **Friday:** Strength training (25 min) + rebounding (5 min)
- **Saturday:** Longer outdoor walk in nature (40 min)
- **Sunday:** Gentle movement + stretching (20 min)

# Sleep Strategies

## Primary Sleep Challenges:

- Waking between 1-3am (liver time in Chinese medicine)
- Night sweats that disrupt sleep
- Morning fatigue with difficulty getting going

## Sleep Priorities:

- Support liver hormone processing to improve sleep quality
- Reduce evening burden on liver systems
- Promote bile flow for hormone clearance

## Specific Sleep Recommendations:

- **Bedtime routine:** Include gentle liver-supporting yoga poses (gentle twists)
- **Timing matters:** Finish eating 3+ hours before bedtime to reduce liver burden
- **Morning habits:** Dry brushing before morning shower to support lymph flow
- **Sleep environment:** Use natural fiber bedding and non-toxic mattress if possible

## Sleep Habits to Avoid:

- Alcohol in the evening (particularly burdens the liver)
- Heavy, fatty foods at dinner
- Environmental toxins in bedroom (conventional cleaning products, air fresheners)
- Late-night eating that forces liver to process food during its regeneration time

# Stress Management

## Common Stress Patterns:

- Stress tends to manifest physically more than emotionally
- May experience increased inflammatory responses to stress
- Often feels irritable or frustrated during stressful periods
- Stress frequently manifests as skin issues or headaches

## Stress Management Priorities:

- Support liver hormone processing pathways
- Reduce overall burden during stressful periods
- Process and release emotions rather than storing them
- Create physical movement to support lymphatic flow

## Specific Stress Recommendations:

- **Thought work focus:** Working with frustration and irritability through perspective shifts
- **Calming techniques:** Deep breathing with gentle twisting movements
- **Movement for stress:** Rebounding, walking, or other activities that promote lymph flow
- **Daily habit:** Warm lemon water first thing in morning for gentle liver support
- **Environment:** Reduce chemical exposure in home and workplace

## Stress Habits to Avoid:

- Alcohol as stress management (particularly burdens the liver)
- Processed foods during high-stress periods
- Suppressing anger or irritability (find healthy expression)
- Chemical-heavy cleaning products and personal care items

## Environmental Optimization

### Focus Areas:

- Minimize overall chemical burden on liver processing pathways
- Support all phases of liver cleansing
- Create a low-toxin environment that supports optimal liver function
- Reduce exposure to substances requiring liver processing

### Home Environment Changes:

- **Cleaning Products:** Switch to all-natural, non-toxic cleaning products
- **Personal Care:** Use clean beauty products free of synthetic fragrances, parabens, phthalates
- **Water:** Invest in a high-quality water filter for drinking and showering
- **Air Quality:** Use air purifiers in bedroom and main living spaces
- **Cookware:** Replace non-stick cookware with ceramic, cast iron, or stainless steel

- **Food Storage:** Use glass containers instead of plastic

### **Supportive Practices:**

- Castor oil packs over liver area to support circulation
- Regular dry brushing to stimulate lymphatic system
- Infrared sauna sessions to support circulation (if tolerated)
- Regular bowel movements (crucial for hormone clearance)
- Consider occasional liver-focused cleanses under professional guidance
- Intermittent fasting may benefit liver function (if appropriate for your overall health)

### **Daily Habits:**

- Morning lemon water ritual to support liver and gallbladder
- Regular liver-supporting herbal teas (dandelion, milk thistle)
- Read labels carefully to avoid unnecessary chemicals in food and products
- Keep skin clean without over-cleansing (skin is an elimination organ)
- Create a consistent sleep schedule to support liver's natural rhythm
- Practice deep breathing to support oxygen delivery to liver

## **Key Takeaway**

For the Liver Lover archetype, the focus is on supporting optimal liver function, enhancing hormone processing pathways, reducing toxic burden, and creating habits that allow efficient hormone metabolism. By prioritizing liver health through diet, movement, sleep, stress management, and environmental optimization, you can significantly improve your perimenopause experience and overall wellbeing.

# Mighty Mito Archetype

## What Is It?

This archetype shows up when your body's "energy engines"—your mitochondria—aren't running as powerfully or efficiently as they should. Mitochondria are the tiny factories in your cells that create energy. But during perimenopause, hormonal shifts can disrupt how well they function, leading to unpredictable energy, slower recovery, and feeling more sensitive to stress, sleep changes, and even food or environmental triggers.

## It's Like...

Running your day on a battery that looks full—but drains fast and takes forever to recharge. Some days you feel like you're cruising along, then suddenly it's like someone pulled the plug. You crash, even after doing all the "right" things. Your body's power grid is flickering—sometimes steady, other times sputtering—leaving you wondering why your energy can't keep up with your life. It's not about willpower—it's about your mitochondria needing a serious recharge.

## Common Symptoms:

- Energy fluctuations and fatigue
- Sensitive to environmental factors (light, sound, chemicals)
- Slow recovery from exertion
- Feeling tired more often than usual
- Getting exhausted during exercise
- Muscles staying sore longer after activity
- New sensitivity to smells
- Unexplained weight changes
- Difficulty building muscle
- Possible autoimmune tendencies
- Inflammation challenges
- Early morning waking (3-5am) related to energy fluctuations

# Nutrition & Timing Recommendations

## Nutrition Focus:

- Support mitochondrial health through targeted nutrients
- Reduce inflammatory foods that deplete energy
- Balance macronutrients for stable energy production
- **Protein Focus:** Standard protein intake with emphasis on quality over quantity
  - Include protein sources rich in CoQ10 (organ meats, fatty fish)
  - Ensure complete amino acid profile
- **Fiber Priority:** Standard fiber intake (7-10g per meal)
  - Focus on colorful vegetables for antioxidants
  - Include sulfur-containing vegetables (garlic, onions)
- **Carb Approach:** Moderate complex carbs, well-spaced between meals
- **Key Nutrients:** B vitamins, CoQ10, magnesium, antioxidants, omega-3 fatty acids

## Timing Approach:

- **Timing Focus:** Regular meals with digestive breaks
- **Eating Window:** 10-12 hours often works well
- **Meal Pattern:** Avoid rushing meals; focus on thorough chewing
- **Special Consideration:** Leave 4-5 hours between meals to reduce digestive inflammation
- **Hydration Strategy:** Anti-inflammatory additions like cucumber, ginger, or turmeric

## Foods to Include:

- Antioxidant-rich foods (berries, colorful vegetables)
- Healthy fats, especially omega-3s (wild salmon, walnuts, flaxseed)
- CoQ10-rich foods (organ meats, fatty fish, whole grains)
- Magnesium-rich foods (dark leafy greens, nuts, seeds)
- B-vitamin rich foods (nutritional yeast, eggs, legumes)
- Sulfur-containing foods (garlic, onions, cruciferous vegetables)

## Foods to Limit or Avoid:

- Highly processed foods with artificial additives
- Known inflammatory triggers (may be individual)
- Excessive sugar and refined carbohydrates

- Industrial seed oils high in omega-6 fatty acids
- Foods you have sensitivities to (common ones include gluten, dairy, soy)

## Movement Recommendations

### Movement Focus:

1. **Prioritize:** Gentle, consistent movement that builds mitochondrial health
2. **Include strategically:** Strength training with adequate recovery
3. **Add supportively:** Flexibility and relaxation practices

### Best Movement Types:

- **Moderate-paced activities:** Walking, cycling, or swimming at a conversational pace (builds cellular energy systems)
- **Strength training:** 2 times weekly with longer recovery periods
- **Tai chi/qigong:** Supports energy flow without depleting resources
- **Gentle yoga:** Improves circulation without stressing the system
- **Rebounding:** Gentle lymphatic support and low-impact movement

### Special Movement Considerations:

- Focus on "just enough" movement - not too little, not too much
- Incorporate longer recovery periods between workouts
- Pay close attention to post-exercise energy levels to gauge appropriate intensity
- Consider shorter, more frequent movement sessions rather than long workouts

### Movement to Modify/Avoid:

- Extremely high-intensity or long-duration exercise
- Exercise that consistently leaves you fatigued the next day
- Working through significant pain or exhaustion
- Movement in extreme temperatures or conditions

### Sample Weekly Movement Plan:

- **Monday:** 20-min gentle walk at conversational pace + 5-min gentle stretching
- **Tuesday:** Strength training (20-25 min) with focus on recovery
- **Wednesday:** Qigong or tai chi session (15-20 min)
- **Thursday:** Rest day with very gentle walking

- **Friday:** 20-min gentle walking or swimming + 5-min rebounding
- **Saturday:** Gentle yoga flow (30 min)
- **Sunday:** Longer but very gentle walk (30-40 min)

## Sleep Strategies

### Primary Sleep Challenges:

- Early morning waking (3-5am) related to energy fluctuations
- Difficulty maintaining consistent sleep quality
- Sensitivity to environmental factors affecting sleep

### Sleep Priorities:

- Support mitochondrial energy production
- Create consistent, gentle sleep environment
- Minimize disruptions that could impact energy recovery

### Specific Sleep Recommendations:

- **Bedtime routine:** Warm (not hot) bath with calming essential oils
- **Timing matters:** Consistent sleep schedule to support energy rhythms
- **Sleep environment:** Minimize electronic disruptions, use soft lighting
- **Temperature:** Keep bedroom slightly cooler than during the day but not cold

### Sleep Habits to Avoid:

- Extreme temperature variations in sleep environment
- Heavy meals before bedtime
- Intense physical or mental stimulation close to bedtime
- Electronic devices in the bedroom (EMF exposure)

## Stress Management

### Common Stress Patterns:

- Stress creates noticeable energy fluctuations
- May experience "energy crashes" after stress
- Often has sensitivity to environmental stressors (noise, light, chemicals)
- Stress can trigger sensory overwhelm

## Stress Management Priorities:

- Support mitochondrial function and energy production
- Create energetic boundaries and protection
- Minimize unnecessary energy drains
- Build in energy recovery practices

## Specific Stress Recommendations:

- **Thought work focus:** Energy management through priority setting and examining "energy leaks"
- **Calming techniques:** Grounding practices like time in nature or feet on earth
- **Movement for stress:** Gentle movement that generates rather than depletes energy
- **Daily habit:** Strategic rest periods throughout day (even 5 minutes)
- **Environment:** Create a sensory-friendly space with minimal EMF exposure

## Stress Habits to Avoid:

- Overscheduling without recovery time
- Multiple high-energy-demand activities in succession
- Prolonged exposure to negative people or environments
- Ignoring early signals of energy depletion

## Environmental Optimization

### Focus Areas:

- Minimize exposure to energy-depleting environmental factors
- Create spaces that support mitochondrial health
- Reduce electromagnetic field (EMF) exposure
- Support cellular energy production through environmental choices

### Home Environment Changes:

- **Electronics:** Create low-EMF zones, especially in bedroom
- **Lighting:** Use full-spectrum lighting during day, amber/red at night
- **Air Quality:** Use high-quality air filters, especially in sleeping areas
- **Water:** Filter drinking and bathing water to remove energy-depleting contaminants
- **Home Materials:** Choose low-VOC paints, natural materials for furnishings when possible

- **Workspace:** Design ergonomic, energy-supporting workspace with natural elements

### **Supportive Practices:**

- Grounding/earthing (barefoot time outdoors) to neutralize excess electrical charge
- Sun exposure in morning hours (without sunglasses when safe) for mitochondrial support
- Time in nature to restore energy patterns
- Regular exposure to natural light cycles for cellular rhythm regulation
- Contrast therapy (alternating warm/cool) to stimulate mitochondrial adaptation

### **Daily Habits:**

- Digital sunset 1-2 hours before bedtime
- Morning sunlight exposure within 30 minutes of waking
- Scheduled breaks during high mental focus activities
- "Energy hygiene" practices like visualizing protective boundaries
- Gentle movement breaks throughout the day
- Regular fresh air exposure, even brief open windows

## **Key Takeaway**

For the Mighty Mito archetype, the focus is on supporting cellular energy production, creating consistent rhythms, balancing activity with adequate recovery, and optimizing your environment to reduce energy drains. By prioritizing mitochondrial health through nutrition, gentle movement, quality sleep, stress management, and environmental optimization, you can stabilize your energy and significantly improve your perimenopause experience.

# Blocked Burner Archetype

## What Is It?

This archetype shows up when your body's internal "burner"—the system responsible for turning food into fuel—may not be firing efficiently. During perimenopause, shifting hormones can throw off your thyroid (which controls the speed of your metabolism) and your insulin response (which regulates blood sugar and fat storage). The result? A metabolic slowdown that leaves you feeling tired, foggy, and frustrated with stubborn weight that no longer responds to what used to work.

## It's Like...

Trying to cook on a stove where the burner only works *part-time*. One day it gives off decent heat, the next it barely warms up. You're constantly adjusting, but things never quite cook right. Your energy feels inconsistent, your cravings are intense, and your body feels like it's holding onto everything—because it kind of is. Your "fuel-to-flame" system needs a reset. Instead of a steady, even burn, you're stuck with flickers and frustration.

## Common Symptoms:

- Feeling very tired after meals
- General fatigue throughout the day
- Waking up during the night (often due to blood sugar dips)
- Decreased interest in sex
- Brain fog (trouble thinking clearly)
- Getting tired quickly during exercise
- Unexplained weight changes, especially around the middle
- Muscle cramps or spasms
- Energy fluctuations related to blood sugar
- Intense food cravings
- Difficulty losing weight despite efforts
- Blood sugar crashes during the night
- Waking feeling unrested despite adequate hours

# Nutrition & Timing Recommendations

## Nutrition Focus:

- Stabilize blood sugar throughout the day
- Support insulin sensitivity through strategic nutrition
- Balance macronutrients for steady energy
- **Protein Focus:** ↑ INCREASE PROTEIN at every meal and snack
  - May need upper range (30g+ per meal)
  - Essential for blood sugar stabilization
  - Include protein before and after exercise
- **Fiber Priority:** ↑ INCREASE FIBER with focus on blood sugar management
  - Emphasize vegetables over fruits
  - Include fiber with every eating occasion
- **Carb Approach:** ↓ LOWER CARBS with focus on low glycemic options only
  - Always pair carbs with protein and fat
  - Consider timing carbs around activity
- **Key Nutrients:** Chromium, magnesium, zinc, B vitamins

## Timing Approach:

- **Timing Focus:** Blood sugar stability throughout day
- **Eating Window:** 10-11 hours may be most beneficial
- **Meal Pattern:** Never skip meals; protein at every eating occasion
- **Special Consideration:** May benefit from a shorter eating window but more structured meals. Reduce snacking and avoid all day grazing
- **Hydration Strategy:** Steady hydration throughout day to support metabolism

## Foods to Include:

- High-quality protein with every meal and snack
- Healthy fats to promote satiety (avocado, olives, nuts, seeds)
- Fiber-rich vegetables and low-glycemic fruits
- Complex carbohydrates in moderate amounts
- Cinnamon and other blood sugar-balancing spices
- Apple cider vinegar (1 tbsp in water before meals)

## Foods to Limit or Avoid:

- High carb meals without protein balance
- Processed foods with added sugars

- Refined carbohydrates (white bread, pasta, rice)
- Excessive caffeine (can trigger blood sugar fluctuations)
- Alcohol (disrupts blood sugar and liver function)

## Movement Recommendations

### Movement Focus:

1. **Prioritize:** Strength training to build metabolic tissue
2. **Include regularly:** Short, intense intervals for metabolic boost
3. **Add daily:** Post-meal movement for blood sugar management

### Best Movement Types:

- **Strength training:** 3 times weekly, focusing on major muscle groups
- **Brief intensity sessions:** 1-2 times weekly, keeping sessions short (10-20 minutes)
- **Post-meal movement:** 10-minute walks after meals (crucial for blood sugar management)
- **Daily step goal:** Aim for 10,000+ steps, broken up throughout day

### Special Movement Considerations:

- Movement timing matters greatly for this archetype – prioritize post-meal movement
- Morning workouts (especially strength training) may improve all-day metabolism
- Track blood sugar response to different types of movement to optimize approach
- Consider using resistance bands or weights to increase intensity of even brief movement sessions

### Movement to Modify/Avoid:

- Very long cardio sessions without strength components
- Extended periods of sitting (set a timer to move hourly)
- Movement that leaves you hungry or craving carbs afterward

### Sample Weekly Movement Plan:

- **Monday:** Morning strength training (30 min) + three 10-min post-meal walks
- **Tuesday:** 15-min interval session + three 10-min post-meal walks

- **Wednesday:** Full body strength training (30 min) + three 10-min post-meal walks
- **Thursday:** Active recovery with longer walk (30 min) + post-meal movement
- **Friday:** Strength training focusing on major muscle groups (30 min) + post-meal walks
- **Saturday:** 15-min metabolic circuit + active day with regular movement
- **Sunday:** Gentle active recovery day with focus on movement after each meal

## Sleep Strategies

### Primary Sleep Challenges:

- Waking due to blood sugar crashes during the night
- Difficulty maintaining deep sleep
- Waking feeling unrested despite adequate hours

### Sleep Priorities:

- Stabilize blood sugar throughout the night
- Support metabolic flexibility through timing strategies
- Regulate body temperature for consistent deep sleep

### Specific Sleep Recommendations:

- **Bedtime routine:** Include gentle movement like stretching or tai chi
- **Evening nutrition:** Small protein snack before bed if needed (1-2 tablespoons of nut butter or handful of nuts)
- **Timing matters:** 12-14 hour overnight fast ending with protein-rich breakfast
- **Sleep environment:** Use cooling technologies for head/core but keep extremities warm

### Sleep Habits to Avoid:

- High carb meals within 3 hours of bedtime
- Large temperature fluctuations in bedroom
- Skipping meals during the day (destabilizes night metabolism)
- Excessive blankets that may cause overheating

# Stress Management

## Common Stress Patterns:

- Stress tends to affect metabolism and appetite
- May experience blood sugar fluctuations during stress
- Often has cravings for sweet or starchy foods when stressed
- Stress frequently manifests as fatigue or brain fog

## Stress Management Priorities:

- Stabilize blood sugar during stressful periods
- Maintain metabolic flexibility
- Support consistent energy throughout the day
- Nourish body adequately during stress

## Specific Stress Recommendations:

- **Thought work focus:** Examining all-or-nothing thinking patterns and perfectionism
- **Calming techniques:** Hand on belly breathing to activate vagus nerve
- **Movement for stress:** Short movement "snacks" throughout the day
- **Daily habit:** Protein-focused breakfast within an hour of waking
- **Environment:** Keep protein-rich snacks available for stressful situations

## Stress Habits to Avoid:

- Skipping meals during stressful periods
- Using sugar for quick energy during stress
- Sedentary behavior for extended periods
- Excessive fasting during high-stress times

# Environmental Optimization

## Focus Areas:

- Create an environment that supports metabolic balance
- Optimize timing of light exposure for circadian rhythm regulation
- Reduce exposure to metabolism-disrupting compounds
- Support regular movement throughout the day

## Home Environment Changes:

- **Kitchen setup:** Organize for easy access to protein-rich options
- **Lighting:** Bright light exposure in morning, dimmer in evening
- **Workspace:** Create a setup that allows for movement breaks
- **Bedroom:** Keep cool and completely dark for optimal metabolic recovery
- **Food storage:** Keep healthy options visible, less optimal choices out of sight
- **Activity prompts:** Place visual reminders to move throughout environment

## Supportive Practices:

- Regular meal timing to train metabolic consistency
- Morning sunlight exposure to regulate circadian rhythm
- Cool showers or contrast therapy to boost metabolic rate
- Regular strength training to support muscle maintenance
- Blood sugar awareness practices like post-meal monitoring (if appropriate)
- Consistent movement throughout the day rather than just scheduled exercise

## Daily Habits:

- Morning protein-rich breakfast within an hour of waking
- Movement after every meal, even just 5-10 minutes
- Staying hydrated throughout the day
- Regular sleep and wake times to support metabolic rhythm
- Balancing macronutrients at each meal
- Regular breaks from sitting (set a timer if needed)

## Key Takeaway

For the Metabolic Harmony archetype, the focus is on supporting balanced blood sugar, building metabolically active tissue, optimizing meal timing and composition, and creating environmental supports for consistent energy throughout the day. By prioritizing metabolic health through nutrition, strategic movement, quality sleep, stress management, and environmental optimization, you can significantly improve your energy, mood, and overall perimenopause experience.

# Unicorn Archetype

## What Is It?

This archetype represents a more balanced and easeful transition through perimenopause. While you might notice some mild shifts—like occasional mood changes, sleep disruptions, or cycle changes—your body tends to adapt without major disruption. Your hormones shift more gradually, and your systems stay relatively steady through the transition.

## It's Like...

Gliding over gentle hills instead of navigating a rollercoaster. Your body moves with the changes, not against them—allowing for a smoother, more manageable experience. You may still notice symptoms, but they tend to come and go without throwing you completely off track.

## Common Symptoms:

- Minor disruptions that could worsen if not addressed
- Occasional difficulty falling asleep during times of stress
- Subtle changes in sleep quality rather than major disruptions
- Mild menstrual changes
- Occasional hot flashes that don't significantly disrupt daily life
- Minimal mood fluctuations
- Slight changes in energy that respond well to basic interventions
- Generally stable weight with only minor fluctuations
- Mild memory or concentration challenges during stressful periods

## Nutrition & Timing Recommendations

### Nutrition Focus:

- Maintain hormone balance through preventative nutrition
- Support long-term metabolic health
- Focus on anti-inflammatory, nutrient-dense foods
- **Protein Focus:** Standard protein intake
  - (1.2-2.0g per kg body weight)- If you have over 25 lbs to lose, calculate using goal weight
  - Focus on maintenance rather than increase

- **Fiber Priority:** Standard fiber intake with variety of sources
- **Carb Approach:** Balanced approach with emphasis on Mediterranean-style eating
- **Key Nutrients:** Phytoestrogens, omega-3s, iodine, antioxidants

### Timing Approach:

- **Timing Focus:** Morning nourishment for metabolism
- **Eating Window:** 10-12 hours, with emphasis on earlier eating
- **Meal Pattern:** Substantial breakfast, moderate lunch, lighter dinner
- **Special Consideration:** Take thyroid medication timing into account (if applicable)
- **Hydration Strategy:** Room temperature water rather than cold to support thyroid function

### Foods to Include:

- Mediterranean-style meals rich in olive oil, fish, and vegetables
- Adequate protein (1.2-2.0g per kg body weight) to support muscle maintenance
- Plenty of fiber-rich foods (whole grains, legumes, vegetables)
- Phytoestrogen-containing foods (flaxseeds, organic soy, legumes)
- Antioxidant-rich colorful produce
- Omega-3 fatty acids from fish, walnuts, and flaxseeds
- Iodine-rich foods for thyroid support (seaweed, fish, eggs)

### Foods to Limit or Avoid:

- Excessive caffeine, especially after noon
- Ultra-processed foods with artificial additives
- Excessive alcohol (more than one drink daily)
- Added sugars and refined carbohydrates
- Foods that you personally notice trigger even mild symptoms

## Movement Recommendations

### Movement Focus:

1. **Prioritize:** Balanced movement approach for longevity and maintenance with emphasis on preserving and building muscle mass
2. **Include regularly:** Variety of movement types for comprehensive fitness

3. **Add supportively:** Preventative practices for continued well-being

### **Best Movement Types:**

- **Strength training:** 2-3 times weekly focusing on progressive resistance to preserve and build metabolically active muscle tissue; include compound movements that work multiple muscle groups
- **Cardiovascular exercise:** Mix of intensities, emphasizing what you enjoy
- **Flexibility work:** Regular stretching, yoga, or Pilates
- **Balance training:** Include exercises that challenge stability
- **Recreational activities:** Dance, hiking, swimming, tennis, or other enjoyable activities

### **Special Movement Considerations:**

- This archetype has more flexibility with exercise timing
- Focus on variety and enjoyment to maintain consistent movement
- Use this time to build habits that will serve you through postmenopause
- Consider adding social aspects to movement for mental health benefits

### **Movement to Modify/Avoid:**

- Repetitive movement patterns without variety
- Activities that don't bring joy or satisfaction
- Neglecting strength or flexibility components

### **Sample Weekly Movement Plan:**

- **Monday:** Strength training (30-40 min) focusing on major muscle groups
- **Tuesday:** Cardiovascular exercise of choice (30 min) + 10-min flexibility work
- **Wednesday:** Yoga or Pilates class (45-60 min)
- **Thursday:** Active recovery or light walking day
- **Friday:** Strength training (30-40 min) with different exercises than Monday
- **Saturday:** Recreational activity or longer cardio session (45-60 min)
- **Sunday:** Gentle movement day with focus on flexibility and balance

## **Sleep Strategies**

### **Primary Sleep Challenges:**

- Minor disruptions that could worsen if not addressed
- Occasional difficulty falling asleep during times of stress

- Subtle changes in sleep quality rather than major disruptions

### **Sleep Priorities:**

- Maintain hormone balance through preventative practices
- Create sustainable sleep habits before symptoms intensify
- Build sleep resilience through consistent routines

### **Specific Sleep Recommendations:**

- **Bedtime routine:** Focus on consistency rather than complexity
- **Timing matters:** Consistent 7-8 hour sleep window, same bedtime/wake time daily
- **Sleep environment:** Optimize bedroom for quality sleep before problems arise
- **Preventative support:** Regular sleep check-ins and adjustments before symptoms appear

### **Sleep Habits to Avoid:**

- Taking good sleep for granted (continue protective habits)
- Excessive caffeine, especially after noon
- Inconsistent sleep schedules (even on weekends)
- Screen time immediately before bed

## **Stress Management**

### **Common Stress Patterns:**

- Generally more resilient to stress but still vulnerable during transitions
- May notice subtle rather than dramatic stress responses
- Often has delayed stress response after the stressor has passed
- Stress may manifest as minor symptoms that accumulate over time

### **Stress Management Priorities:**

- Maintain hormone balance through preventative practices
- Create sustainable stress management habits
- Build stress resilience before symptoms intensify
- Notice subtle stress signals before they amplify

### **Specific Stress Recommendations:**

- **Thought work focus:** Maintaining perspective during transitions and changes
- **Calming techniques:** Consistent, simple daily practices like breath awareness
- **Movement for stress:** Regular, enjoyable physical activity that feels sustaining
- **Daily habit:** Brief check-ins with body and emotions throughout day
- **Environment:** Create and maintain spaces that support wellbeing

### **Stress Habits to Avoid:**

- Taking stress resilience for granted
- Ignoring minor stress symptoms
- Overcommitting during major life transitions
- Letting supportive routines slide when feeling well

## **Environmental Optimization**

### **Focus Areas:**

- Create environments that support continued hormone balance
- Establish proactive practices to maintain wellness
- Minimize exposure to hormone-disrupting compounds
- Build environmental resilience before symptoms appear

### **Home Environment Changes:**

- **Kitchen:** Stock with hormone-supportive, anti-inflammatory foods; replace plastic storage containers with glass or stainless steel; avoid heating food in plastic; use cast iron, ceramic, or stainless steel cookware instead of non-stick
- **Bedroom:** Optimize sleep environment with blackout curtains, temperature control (65-68°F), supportive non-toxic mattress and pillows, air-purifying plants, electronic-free zone, and natural fiber bedding; create a truly restorative sleep sanctuary before sleep challenges arise
- **Workspace:** Design ergonomic setup to prevent stress-related issues
- **Bathroom:** Transition to personal care products free from endocrine-disrupting chemicals (like parabens, phthalates, and synthetic fragrances) before symptoms develop; focus on natural cleansers, mineral-based sunscreens, and plant-based hair and skin products
- **Living spaces:** Create areas that promote relaxation and stress management

### **Supportive Practices:**

- Regular self-assessment to catch subtle changes early

- Preventative approaches rather than waiting for symptoms
- Establishing consistent daily rhythms that support hormone balance
- Intermittent practices like seasonal cleansing or reset periods
- Creating environmental supports for ongoing wellbeing
- Systematically reducing plastics throughout your home (water bottles, food containers, shower curtains, synthetic clothing)
- Filtering drinking water to remove potential hormone-disrupting chemicals

### **Daily Habits:**

- Consistent sleep and wake times (even when not experiencing problems)
- Regular meals with hormone-supportive foods
- Daily movement that brings joy and supports longevity
- Brief stress-management practices integrated throughout day
- Regular connection with supportive community
- Mindful exposure to natural light cycles

### **Key Takeaway**

For the Unicorn archetype, the focus is on maintaining your current state of balance while implementing preventative strategies to support continued wellbeing. By establishing solid foundations in nutrition, movement, sleep, stress management, and environmental optimization now, you can potentially extend your symptom-free experience and prepare for a smoother transition into postmenopause.

# Low Low Archetype

## What Is It?

This archetype appears when estrogen, progesterone, and testosterone are all consistently low—typically showing up in later stages, often more than 5 years post-menopause. When these key hormones are all decreased, it can affect your physical comfort, emotional well-being, muscle strength, and bone health. Many women experience vaginal dryness, mood changes, difficulty building muscle, sleep disruptions, and joint pain during this phase.

## It's Like...

Having your body's engine running on low fuel. Your system feels understimulated, potentially leading to physical discomfort and emotional flatness. It's not about doing anything wrong—your hormones have naturally declined and need support to help you feel your best in this new phase.


## Common Symptoms:

- Vaginal dryness and irritation
- Depressed mood or emotional flatness
- Difficulty building or maintaining muscle
- Sleep disruptions or insomnia
- Joint pain and stiffness
- Increased risk of bone density loss
- Decreased skin elasticity and moisture
- Reduced libido
- Fatigue or low energy
- Memory challenges
- Weight changes, especially around the middle

## Nutrition & Timing Recommendations

### Nutrition Focus:

- Support overall hormone balance through targeted nutrition

- Focus on anti-inflammatory foods to reduce joint pain
- Increase phytoestrogen-rich foods for gentle hormone support
- **Protein Focus:**  INCREASED PROTEIN INTAKE (30-35g per meal) to support muscle maintenance
- **Fiber Priority:** Moderate to high fiber intake (8-10g per meal)
  - Focus on diverse fiber sources for gut health
  - Include phytoestrogen-rich foods like flaxseeds, legumes, and sprouts
- **Carb Approach:** Moderate carbs with emphasis on nutrient density
- **Key Nutrients:** Calcium, vitamin D, magnesium, collagen, omega-3 fatty acids

### Timing Approach:

- **Timing Focus:** Consistency with protein distribution throughout the day
- **Eating Window:** A moderate 10-12 hour window typically works well
- **Meal Pattern:** Three protein-rich meals with potential small snack if needed
- **Special Consideration:** Front-load protein earlier in the day to support muscle protein synthesis
- **Hydration Strategy:** Consistent hydration to support skin, vaginal, and joint comfort

### Foods to Include:

- Phytoestrogen-rich foods (flaxseeds, legumes, sprouts, edamame)
- Lean protein sources at every meal
- Collagen-rich foods (bone broth, slow-cooked meats)
- Calcium-rich foods (sardines with bones, dark leafy greens)
- Magnesium-rich foods (nuts, seeds, dark chocolate)
- Anti-inflammatory foods (fatty fish, berries, olive oil, turmeric)

### Foods to Limit or Avoid:

- Highly processed foods with artificial additives
- Excessive alcohol (can further disrupt hormone balance)
- Added sugars (can contribute to inflammation)
- Highly refined carbohydrates (can impact energy levels)

## Movement Recommendations

### Movement Focus:

1. **Prioritize:** Strength training & bone-supporting activities

2. **Include regularly:** Balance and functional movement training
3. **Add supportively:** Gentle mobility work

### **Best Movement Types:**

- **Strength training:** 3-4 times weekly with focus on progressive overload
- **Weight-bearing exercise:** Walking, gentle jogging, or stair climbing for bone health
- **Balance work:** Tai chi, standing yoga poses, or specific balance training
- **Functional movement:** Exercises that mimic daily activities like squats, lunges, and reaching

### **Special Movement Considerations:**

- Strength training is crucial for maintaining muscle mass and bone density
- Progress intensity gradually to prevent joint discomfort
- Focus on proper form to protect joints
- Include exercises that specifically target the back and core for posture support

### **Movement to Modify/Avoid:**

- High-impact activities without proper progression
- Exercise that causes joint pain or discomfort
- Movements with high fall risk if balance is compromised
- Excessive high-intensity training without adequate recovery

### **Sample Weekly Movement Plan:**

- **Monday:** Full-body strength training with focus on major muscle groups (30-40 min)
- **Tuesday:** Walking (30 min) + balance exercises (10 min)
- **Wednesday:** Upper body and core strength training (30 min)
- **Thursday:** Tai chi or gentle yoga (30 min)
- **Friday:** Lower body strength training with focus on hip and spine health (30 min)
- **Saturday:** Longer walk with hills if possible (45 min)
- **Sunday:** Mobility work and gentle stretching (20-30 min)

## **Sleep Strategies**

### **Primary Sleep Challenges:**

- Difficulty staying asleep through the night
- Early morning waking
- Overall lighter sleep quality
- Potential sleep disruption from physical discomfort

### **Sleep Priorities:**

- Support melatonin production naturally
- Create a sleep environment that addresses comfort needs
- Establish relaxing pre-sleep routines

### **Specific Sleep Recommendations:**

- **Bedtime routine:** Include gentle stretching to ease joint stiffness
- **Sleep environment:** Consider a supportive mattress and pillows to reduce joint discomfort
- **Natural supports:** Exposure to morning sunlight to regulate circadian rhythm
- **Evening habits:** Incorporate magnesium-rich foods or supplements in the evening
- **Bedroom environment:** Keep room cool and dark to support melatonin production

### **Sleep Habits to Avoid:**

- Electronic screens within an hour of bedtime
- Caffeine after noon
- Large meals close to bedtime
- Sedentary evening routines (gentle movement can help ease stiffness)

## **Stress Management**

### **Common Stress Patterns:**

- Tendency toward low mood or reduced emotional resilience
- May experience mental fatigue or reduced cognitive sharpness
- Often feels physically and mentally depleted by stress
- Stress may manifest as withdrawal or loss of motivation

### **Stress Management Priorities:**

- Support the body's resilience through hormone-supporting habits
- Find balance between rest and gentle stimulation

- Create meaningful social connections
- Engage in purposeful activities that provide satisfaction

### **Specific Stress Recommendations:**

- **Thought work focus:** Gratitude practice and reframing negative thought patterns
- **Mood-supporting techniques:** Regular exposure to natural light and nature
- **Social connection:** Regular meaningful interaction with supportive people
- **Daily habit:** Short walks outdoors, especially in morning light
- **Creative outlets:** Engage in creative or purposeful activities that provide satisfaction

### **Stress Habits to Avoid:**

- Social isolation during periods of low mood
- Excessive focus on limitations or losses
- Pushing beyond energy limits consistently
- Using stimulants to overcome fatigue

## **Toxic Load Reduction Recommendations**

### **Focus Areas:**

- Minimize exposure to endocrine-disrupting chemicals
- Support liver function for hormone processing
- Reduce inflammatory triggers in environment and diet

### **Environmental Changes:**

- **Kitchen:** Choose glass or stainless steel food storage and cookware
- **Personal Care:** Select vaginal lubricants and moisturizers free of parabens and glycerin
- **Home:** Use natural cleaning products without harsh chemicals
- **Water:** Ensure adequate filtered water intake
- **Textiles:** Choose natural fibers for clothing, especially undergarments

### **Detox Support:**

- Regular movement to support lymphatic flow
- Adequate hydration to support elimination
- Liver-supporting foods like beets, artichokes, and dandelion

- Gentle dry brushing to stimulate circulation
- Consider infrared sauna sessions if available (start slowly)

### **Daily Practices:**

- Prioritize anti-inflammatory foods and habits
- Stay well-hydrated throughout the day
- Include liver-supporting foods regularly
- Choose organic produce when possible to reduce pesticide exposure
- Consider houseplants to improve indoor air quality

### **Key Takeaway**

For the Low Low archetype, the focus is on providing gentle hormone support through phytoestrogen-rich foods, maintaining muscle and bone health through targeted strength training, optimizing sleep quality, managing mood through purposeful activities and connection, and reducing exposure to hormone-disrupting chemicals. Consistency with protein intake, strength training, and anti-inflammatory habits is especially important for supporting your body in this phase.