

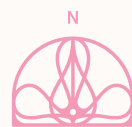


# *Understanding* Perimenopause

A Functional Medicine Approach

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ROOT CAUSE.

# *Reconnected* Health.

REAL CLARITY.



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## I WHAT IS PERIMENOPAUSE?

Perimenopause is the natural transitional phase leading up to menopause, where hormonal shifts — particularly in oestrogen, progesterone, testosterone, and DHEA — cause wide-ranging effects on the body and mind.



It typically begins between the late 30s and mid-40s and can last up to 10 years.

Unlike menopause, which is defined by 12 consecutive months without a period, perimenopause is dynamic; symptoms can come and go unpredictably, often years before periods fully stop.

## II WHAT'S HAPPENING IN YOUR BODY?

### Oestrogen levels *fluctuate*

Causing hot flashes, night sweats, mood swings, and heavy periods.

### Progesterone *declines*

Impacting sleep, anxiety levels, and emotional resilience.

### Testosterone & DHEA *reduce*

Leading to fatigue, loss of motivation, reduced muscle mass, and lower libido.

### Cortisol (stress hormone) *often rises*

Worsening sleep, weight gain, brain fog, and emotional instability.

### Gut health & detoxification *slow down*

Leading to symptoms like bloating, irritability, and worsening PMS.





### III WHY FUNCTIONAL MEDICINE MATTERS

Instead of treating symptoms in isolation (like prescribing antidepressants or sleeping tablets), Functional Medicine asks:

Why are these symptoms happening *now*?

How can we support the root causes *naturally*?

What *future risks* can we prevent through early intervention?

Through a whole-systems approach, we support:

#### **HORMONAL HARMONY**

Balancing oestrogen, progesterone, androgens, and cortisol

#### **GUT & LIVER HEALTH**

Crucial for hormone metabolism and brain function

#### **METABOLIC & MITOCHONDRIAL HEALTH**

To protect energy, weight, and ageing processes

#### **ADRENAL & STRESS RESILIENCE**

Critical for navigating this hormonal recalibration

#### **MUSCLE, BONE & HEART VITALITY**

Safeguarding strength and long-term mobility

## IV KEY FUNCTIONAL STRATEGIES FOR PERIMENOPAUSE

Here's a glimpse of the science-based strategies to thrive through perimenopause:

### ↻ Gut & Liver *Reset*

Support your estrobolome (gut bacteria that metabolise oestrogen) with high-fibre foods, cruciferous vegetables, probiotics, and detox-supportive nutrients like sulforaphane, magnesium, and methylated B vitamins.

### 🧘 Stress Resilience & Adrenal Nourishment

Use adaptogens (like Ashwagandha and Rhodiola), regulate cortisol rhythms, and practice daily nervous system resets (like breathwork and grounding) to protect hormone balance and brain health.

### 🏋️ Strength & Bone Preservation

Prioritise resistance training 2–3x per week, protein-rich meals, and nutrients like vitamin D, K2, and magnesium to prevent osteoporosis and metabolic slowdown.

### ♀ Precision Testing & Personalised Care

Consider targeted testing (DUTCH hormone testing, gut microbiome panels, nutrient assessments) to tailor your support – rather than guess.

### 💤 Sleep & Nervous System Repair

Balance circadian rhythms with morning light exposure, magnesium glycinate supplementation, and cortisol-lowering evening rituals like meditation, breathwork, and journaling.

## V WHY EARLY ACTION MATTERS

Without proactive support, perimenopause symptoms can escalate – and future risks like osteoporosis, heart disease, cognitive decline, and type 2 diabetes become far more likely.



But with the right strategies, you can:

- Boost energy and mental clarity;
- Balance your mood naturally;
- Maintain a healthy weight and metabolism;
- Protect your brain and bones for decades to come;
- Move through perimenopause empowered, not overwhelmed.



Ready to dive deeper into your  
*perimenopause healing journey?*

This mini-guide just scratches the surface.

DR NIRUSHA'S E-BOOK LAUNCHES SOON!

# Midlife Rebalanced.<sup>®</sup>

YOUR PERIMENOPAUSE HEALING GUIDE

The Midlife Rebalanced: Your Perimenopause Healing Guide is an e-book designed to give you:

- Comprehensive symptom trackers and personalised planners.
- Detailed functional medicine protocols for hormones, gut, brain, metabolism, and longevity.
- Food lists, meal ideas, supplements, adaptogens, testing advice – and a full 4-week reset.
- Breathwork, nervous system rituals, and emotional processing scripts.
- A science-backed, soul-nourishing, empowering guide to *thrive* through perimenopause.

GET LAUNCH UPDATES ↗

VISIT WEBSITE ↗

“Perimenopause isn’t the  
beginning of decline. *It’s the  
beginning of your power.*”

- Dr Nirusha Kumaran



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## Dr Nirusha Kumaran

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Dr Nirusha is a UK-trained General Practitioner with advanced expertise in Functional and Longevity Medicine for women, specialising in hormone health, energy optimisation, and personalised, root-cause focused care.

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