



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 flushes, 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.[®]

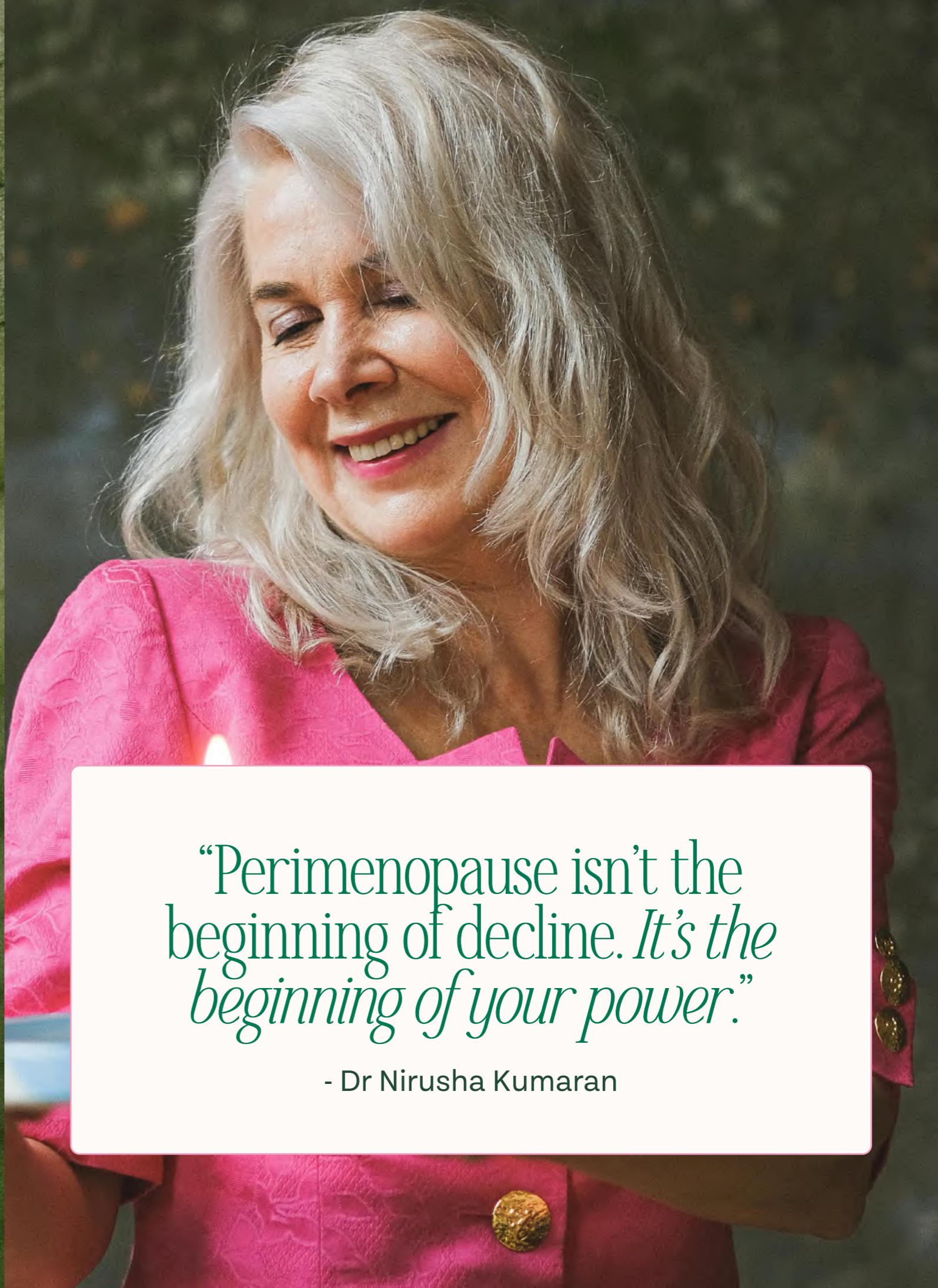
YOUR PERIMENOPAUSE HEALING GUIDE

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.

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

- Dr Nirusha Kumaran

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A Functional Medicine Approach



Dr Nirusha Kumaran

WOMEN'S LONGEVITY



HORMONAL VITALITY

BMBS • BMedSci • MRCGP • DRCOG • DFSRH • Dip IBLM/BSLM • AFMCP

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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