



# Finding *Calm* During Perimenopause & Menopause

Personalized Tips to Soothe Your Nerves





matters

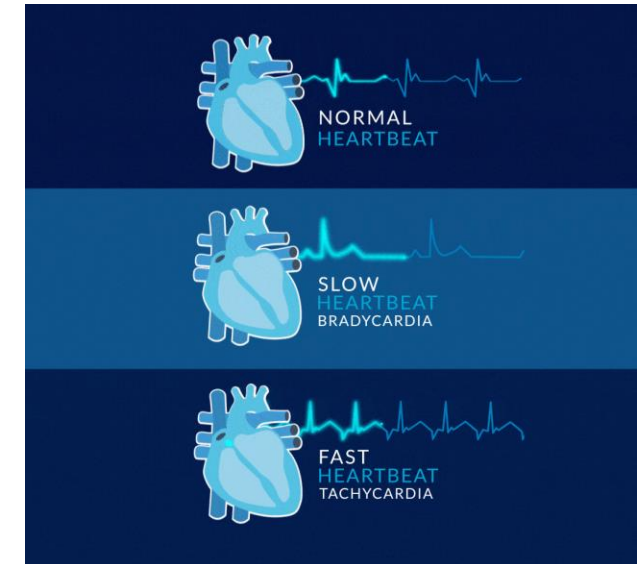
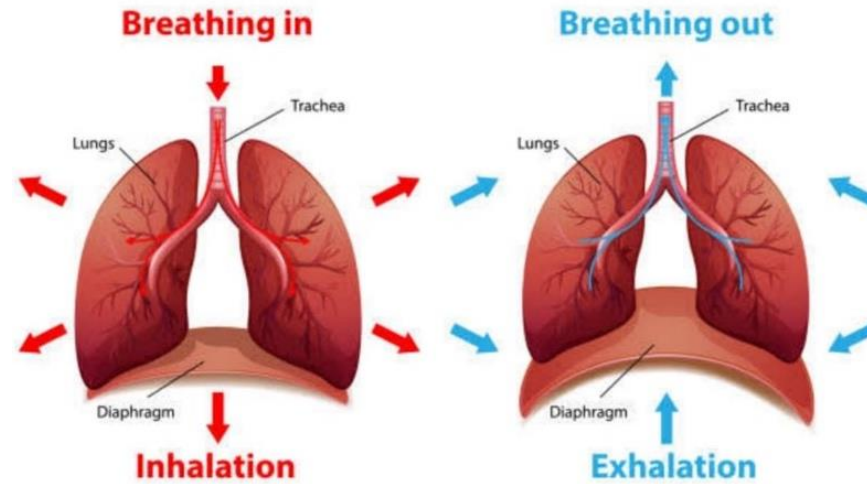
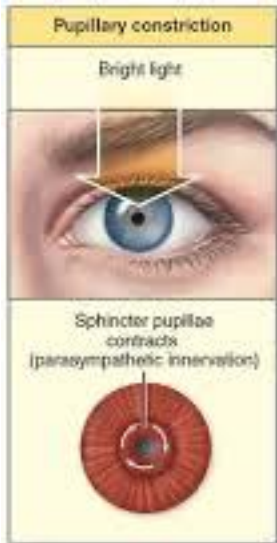
It ~~doesn't matter~~ where you are  
coming from. ~~All that matters is~~  
~~where you are going.~~

And it matters how you get there!





# Sympathetic versus Parasympathetic



# 100+ Symptoms Related to Peri/Menopause!

## 1. Vasomotor Symptoms:

Hot flashes  
Night sweats  
Flushing

## 2. Sleep Disturbances:

Insomnia  
Frequent waking at night  
Restless sleep  
Early morning waking

## 3. Psychological / Cognitive:

Mood swings  
Anxiety  
Irritability  
Depression  
Panic attacks  
Memory lapses  
Brain fog  
Difficulty concentrating  
Feeling overwhelmed  
Loss of motivation

## 4. Sexual and Genitourinary Symptoms:

Vaginal dryness  
Vaginal itching  
Vaginal burning  
Pain during intercourse (dyspareunia)  
Decreased libido  
Vaginal infections  
Urinary tract infections (UTIs)  
Frequent urination

Urinary urgency

Incontinence (stress or urge)  
Pelvic floor weakness  
Prolapse of the bladder or uterus

## 5. Physical Symptoms:

Fatigue  
Weight gain, especially around the abdomen  
Bloating  
Breast tenderness  
Breast soreness  
Breast enlargement

Breast shrinkage

Headaches or migraines  
Dizziness

Heart palpitations

Lightheadedness

Shortness of breath

Tingling sensations  
(paresthesia)

Electric shock sensations

Joint pain

Joint stiffness

Muscle pain

Muscle cramps

Muscle weakness

Back pain

Hip pain

Neck pain

Fibromyalgia-like symptoms

## 6. Skin and Hair Changes:

Dry skin  
Itchy skin  
Thinning skin

Wrinkling

Acne or skin breakouts

Oily skin

Increased facial hair

Thinning hair on the scalp

Hair loss

Brittle nails

Nail ridges

## 7. Cardiovascular Symptoms:

Increased heart rate

High blood pressure

Increased cholesterol levels

Heart palpitations

## 8. Gastrointestinal Symptoms:

Indigestion

Constipation

Diarrhea

Nausea

Irritable bowel syndrome (IBS)  
symptoms

Abdominal pain

## 9. Bone and Joint Health:

Osteoporosis

Increased risk of fractures

Bone pain

## 10. Metabolic and Endocrine Symptoms:

Weight gain

Fluid retention

Increased appetite

Food cravings

Hypothyroid-like symptoms

## 11. Sensory Changes:

Changes in taste

Metallic taste in mouth

Changes in smell

Sensitivity to light

Sensitivity to sound

Sensitivity to heat

Burning mouth syndrome



# 100+ Symptoms Related to Peri/Menopause!

## 12. Mental Health and Emotional Symptoms:

Feelings of despair  
Feelings of loss or sadness  
Low self-esteem  
Lack of confidence  
Loss of joy  
Social withdrawal  
Crying spells

## 13. Changes in Menstrual Cycle:

Irregular periods  
Heavier bleeding  
Lighter bleeding  
Longer menstrual cycles  
Shorter menstrual cycles  
Skipping periods  
Spotting between periods

## 14. Other Neurological Symptoms:

Headaches  
Migraines  
Tinnitus (ringing in the ears)  
Vertigo  
Balance issues

## 15. Immune System and Inflammation:

Increased infections  
Allergy flare-ups  
Increased joint inflammation  
Autoimmune condition exacerbations

## 16. Sexual Changes:

Loss of sexual desire  
Reduced sexual arousal  
Reduced vaginal lubrication  
Reduced ability to orgasm

## 17. Vision and Eye Health:

Dry eyes  
Blurred vision  
Changes in vision

## 18. Changes in Body Odor:

Increased body odor  
Change in body scent

## 19. Thermoregulatory Symptoms:

Cold intolerance  
Increased sweating

## 20. Mood and Behavioral Changes:

Increased stress levels  
Decreased patience  
Increased anger or irritability

## 21. Changes in Oral Health:

Dry mouth  
Gum issues  
Mouth sores

## 22. Cognitive and Behavioral:

Reduced decision-making ability  
Reduced verbal fluency  
Reduced problem-solving skills  
Difficulty learning new things

## 23. Peripheral Nerve Symptoms:

Numbness in hands and feet  
Burning sensations

## 24. Respiratory Symptoms:

Shortness of breath  
Difficulty breathing

## 25. Thyroid-Related Symptoms:

Cold hands and feet  
Fatigue  
Weight gain  
Thinning eyebrows



# Sympathetic Overactivity Syndrome “SOS”

- **More than 50% of Peri/Menopausal symptoms are related to sympathetic overactivation syndrome!**
- Some include: Stress, Fatigue, Brain fog, Sleep issues, Memory loss, and Anxiety which are the most common SOS symptoms
- **Genetics** play a HUGE role!





# Genetic Drivers of “SOS”

## Hormone Processing & Estrogen Dominance

- Variants in **CYP17A1**, **CYP19A1**, **CYP1B1** and **CYP3A4** among others impact estrogen metabolism, increasing sympathetic sensitivity and stress responses.

## Mood, Anxiety, & Neurotransmitter Sensitivity

- Genes like **COMT**, **ADRA2B**, **MAO**, **TPH2**, **5HTTLPR**, **BDNF**, affect neurotransmitter breakdown, making stress reactions more intense and prolonged.

## Sleep, Circadian Rhythm, and Temperature Regulation

- Genes such as **CLOCK** influence sleep cycles, **UCP1** Hot Flash predisposition, with disruptions intensifying stress and sympathetic overactivity.





# Hormone Processing

## Synthesis & Sequence

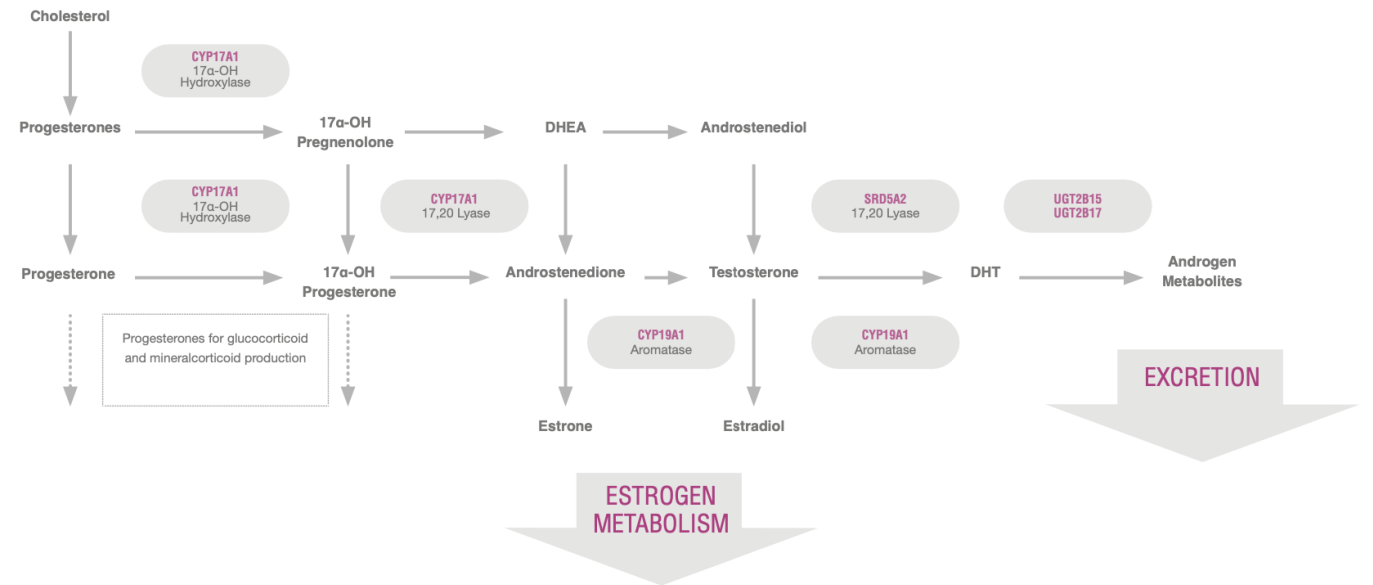
- Cholesterol converts to progesterone, then testosterone, and finally estrogen.

## Conversion Speed

- Gene variations in **CYP17A1** and **CYP19A1** regulate enzyme speed, affecting hormone conversion rates.

## Dominance Types

- Variants can lead to estrogen dominance, androgen dominance, or balanced hormone levels.



# Traffic Light Analogy

## ESTROGEN DOMINANCE

- **CYP17A1 & CYP19A1**  
(Green Light) – Speed up estrogen production, increasing estrogen levels.
- **CYP1A1 & CYP1B1**  
(Yellow/Red Light) – Slow estrogen breakdown, leading to buildup.







**CYP1A1/2: Green**  
**CYP1B1: Red**



**CYP1A1/2: Red**  
**CYP1B1: Green**





**Serotonin Production TPH2**  
**Calm vs Reactive**  
dbSNP: rs4570625

**Serotonin Transport 5-HTTLPR**  
**Sensitive vs Resilient**  
dbVar: SLC6A4 InDel





**CLOCK: Circadian Rhythm Regulator**  
**Disrupted Sleep vs Restful Sleeper**  
dbSNP: rs18001260

**UCP1: Thermogenesis Regulator**  
**Prone to Hot Flashes vs Heat Stable**  
dbSNP: rs1800592







# The Science of Nutrigenomics

If Progesterone → Testosterone path is slow, we may use CLA to speed it up

If Progesterone → Estrogen path is fast, we may use Resveratrol to slow it down

If Testosterone → DHT is slow, we may use Fenugreek and/or Zinc to speed up

If DHT → Clearance is poor, we may use Quercetin and EGCG to improve it

If Estrogen → 2OH/4OH/16OH metabolism isn't optimal, we use DIM to balance

If Estrogen → Glutathione Detox is poor, we consider Glutathione and Calcium D-Glucuronate to improve clearance



# THE DNA COMPANY

## Personalized Testing: *Your Instruction Manual*

[www.theDNAcompany.com/POM](http://www.theDNAcompany.com/POM)



\$50 off DNA test and Report  
(retail \$499 USD)



Use code “**POM**” at checkout

# Sympathetic Overactivity Syndrome “SOS”

- **More than 50% of your symptoms are related to SOS**
- Fatigue, Brain fog, Sleep issues, Memory loss, and Anxiety are the most common symptoms
- Evidence based herbal solutions can bring FAST and NATURAL relief





# Natural HORMONE SUPPORT Solution: **MenoForce**

- Reduces severity and frequency of hot flashes and night sweats
- Favors a restful sleep
- **Can be taken alongside HRT**
- A **one-a-day** formula
- Organic fresh sage (non-GMO)
- Fresh is **4x more active** than dried
- Reduces **overall** menopause symptoms by **39%**
- Reduces hot flash severity by **55%**



# Natural SLEEP Solution: **GoodNight**

- Enhances Sleep Quality and Duration
- Tryptophan, Wild Lettuce, Magnesium and Lemon Balm
- **Supports Melatonin and Serotonin Naturally**
- Non-habit forming, ideal for long term use
- **Calms the Mind and Relaxes the Body for deeper, more restful Sleep**
- **1-2 Tabs** before bed





## A Natural Solution: **Relax Spray**

- Canadas first botanical anti-stress spray
- Passionflower + Lemon Balm + Zinc
- **Can be taken alongside Anti-Depressants**
- Apigenin binds to same receptors as Benzodiazepine but non addictive
- **4 sprays** up to 3x/day (for 13yo +)
- Portable, travel size





# Menopause Survival Kit

Shortened web link: [bit.ly/MenoKit](https://bit.ly/MenoKit)

Use Code: “**BRYCE20**” at checkout for 20% off A.Vogel Relax Spray + GoodNight + Menoforce (*No, I don't make commissions*)



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A.Vogel Menopause Survival Kit - Stress, Sleep & Menopause

🛡️

BRYCE20 (-\$16.61)

\$83.07

\$66.46

