

# MASTER YOUR MIDLIFE

**The Perimenopause Guide to Energy,  
Mood & Metabolism**

TRACY ERIN WELLNESS

# Hey Y'all!



## Nice to meet you!

I love helping women in perimenopause navigate this transition with ease—feeling great in their metabolism, digestion, energy, and life—without extreme workouts or restrictive diets.

### A little about me:

- A wife; married to my high school sweetheart
- A mother to five beautiful children
- Dedicated homeschool mom for the freedom, extra time with them, and ability to bake chocolate chip cookies together whenever we want
- Registered Nurse, BSN
- Integrative Health Practitioner, Level 2

*xo tracy erin*

[www.tracyerinwellness.com](http://www.tracyerinwellness.com)



@tracyerinwellness



@tracyerinwellness



@tracyerinwellness

# What key **lifestyle**, **hormonal**, and **metabolic shifts** determine how well women age, how they feel during perimenopause, and their risk of chronic disease in midlife?



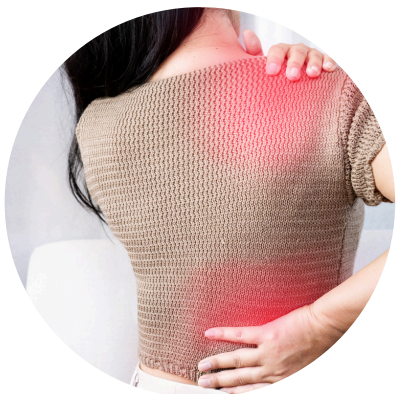
## **Stress**

Stress—and how we perceive it—plays a powerful role in our hormones, immune system, and inflammation. Managing stress isn't just a wellness trend; it's a critical tool for optimizing hormones and easing symptoms. Chronic stress can fuel insulin resistance, spike cortisol levels, and even contribute to weight gain, making it essential to take control of how we respond to daily pressures.



## **Metabolic Dysfunction**

Metabolic dysfunction is driven by hormonal shifts and lifestyle factors, leading to symptoms like weight gain, increased belly fat, high blood pressure, insulin resistance, stubborn weight loss, and a higher risk of prediabetes or diabetes.



## **Inflammation**

Inflammation is at the root of symptoms like joint pain, fatigue, and depression—and when left unchecked, it can contribute to autoimmune conditions and chronic diseases like high cholesterol, diabetes, and heart disease. The good news? You have the power to lower inflammation and support your body's healing in a big way.



## **Declining Hormones**

In the early stages of perimenopause, estrogen fluctuates wildly—some days it's high, other days it's low—while progesterone tends to drop in comparison, triggering additional symptoms. As perimenopause progresses, all sex hormones, including testosterone, gradually decline, leading to persistent symptoms like hot flashes, low libido, mood changes, and more.



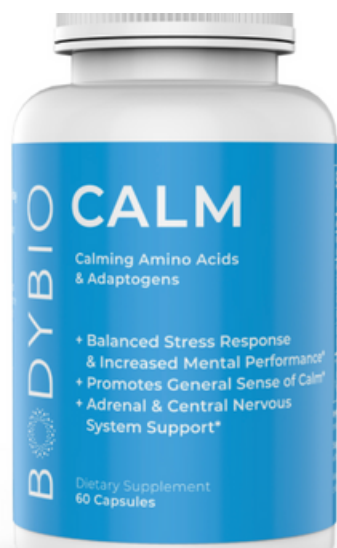
# What are my **top 3 supplements** for women in midlife?



## Magnesium

[\*\*ORDER HERE\*\*](#)

During perimenopause, magnesium levels naturally decline, making it the perfect time to add a magnesium supplement if you haven't already. Most women benefit from 200-400mg daily to support digestion, sleep, energy, and mood. For the best absorption, opt for magnesium glycinate before bed.



## CALM

Midlife is a time of major hormonal shifts, and with those changes come increased stress, disrupted sleep, mood swings, and heightened inflammation. CALM by BodyBio is specifically designed to support the nervous system, helping women in perimenopause and beyond feel more balanced, grounded, and resilient. Dose = 1 cap/day



## Taurine

As women navigate midlife and perimenopause, the body's demand for taurine increases—yet levels naturally decline with age. Taurine is an amino acid that plays a critical role in hormone balance, brain function, heart health, and stress resilience, making it a must-have supplement for women looking to thrive through this transition and lower inflammation at the same time. Dose = 3 grams

# The Key Pillars for **Reducing Inflammation, Lowering Stress & Balancing Blood Sugar**

- **Prioritize balanced meals** – Aim for at least 30g of protein per meal, along with healthy fats (1-2 Tbsp per meal) and complex carbs from whole grains or veggies (2-3 cups per meal).
- **Choose healthy fats** – Avoid inflammatory oils and saturated fats; instead, opt for olive oil, avocado oil, nuts, and seeds.
- **Manage stress effectively** – Chronic stress spikes blood sugar, triggers insulin resistance, and leads to weight gain—prioritizing stress reduction is key.
- **Reduce hormone-disrupting chemicals** – Minimize exposure to plastics, Teflon cookware, cleaning supplies, laundry additives, and toxic personal care products.
- **Limit processed foods and alcohol** – As much as it may be a bummer, cutting back is essential for feeling your best.
- **Skip the fads** – Avoid diet trends, excessive supplements, and extreme workouts. Consistency and a “less is more” approach lead to sustainable, long-term health.

## **Potent Anti-Inflammatory Foods**

These foods can actually combat inflammation and improve symptoms

### **Turmeric**

Use as a spice in different dishes or make a golden latte with turmeric and milk of choice

### **Fatty Fish & Olive Oil**

Foods rich in Omega 3 fatty acids are naturally anti-inflammatory and can prevent chronic disease

### **Antioxidant rich fruits & vegetables**

Blueberries, cherries, peppers, spinach, kale, avocado, walnuts, broccoli



## **What About My Coffee?**

Multiple studies show that coffee consumption boosts both the metabolic activity and population of Bifidobacterium, one of the most beneficial gut bacteria. Research also suggests that long-term coffee drinkers tend to have a more diverse gut microbiome—a key factor in overall gut health. Since a healthy gut is essential for balanced hormones and strong immune function, coffee may offer unexpected benefits. However, if you experience significant anxiety, it's best to monitor and potentially limit caffeine intake to avoid overstimulating the nervous system.

For many women, perimenopause hits like a freight train—completely unexpected and confusing. If that's you, you're not alone. No one prepared us for this... seriously. Suddenly, you might find yourself dealing with crippling anxiety, acne, chin hair, fatigue, irritability, low libido, mood swings, heart palpitations, itchy skin, and unpredictable cycle changes—just to name a few. And here's the kicker: these symptoms can last up to 14 years.

One of the most effective yet often overlooked treatments for perimenopause, alongside a healthy lifestyle, is Menopause Hormone Therapy (MHT)—also known as HRT (Hormone Replacement Therapy), BHRT (Bioidentical Hormone Replacement Therapy), or simply hormone therapy.

But not all hormone therapies are created equal. There's a big difference between synthetic hormone formulations and bioidentical (body-identical) hormones. Keep reading to learn more about how they work and which option might be best for you.

## Hormone Replacement Therapy



### Bioidentical Hormone

Bioidentical hormones are lab-made hormones derived from plant sources, designed to be chemically identical to the estrogen, progesterone, and testosterone your body naturally produces. These hormones are commonly used in treatment to support hormone balance during perimenopause and beyond.



### Non-Identical Hormones

Traditional Hormone Replacement Therapy (HRT) uses hormones derived from pregnant mare's urine and other synthetic formulations. While this doesn't necessarily mean these medications are "bad," they may interact differently with hormone receptors in the body, potentially leading to more side effects.

*"The decision to take hormone therapy in midlife is one that should be reached through accurate and up to date information, personal preference, and an assessment of your risk vs benefits of doing so that can be determined by your healthcare provider. If your doctor tells you they don't "believe" in hormone therapy, it's time to find a new one. It's not a religion, it is a medical therapy prescribed for disease prevention and quality of life." -Tracy.*

# 10

## Things That Will Make Your Perimenopause Symptoms Worse

1

Consuming too much **alcohol**. Alcohol is inflammatory and has adverse effects on women as they age.

2

Eating sugar and refined carbs like it's your job. **Blood sugar imbalance**, or high blood sugar, increases systemic inflammation and visceral fat.

3

Not staying hydrated! **Water** is essential and as we age our bodies are more sensitive to lack of hydration and electrolyte imbalance.

4

Not prioritizing sleep or getting enough. **Sleep** hygiene and sometimes medication is necessary; your sleep is so important to your well being and has to be a top priority.

5

Poor nutrition; if you are not getting enough **protein** and nutrients in your diet you can experience more fatigue, muscle loss, and blood sugar imbalances.

6

**STRESS**. If you do not have a good handle on your stress, it will worsen your symptoms of hormone imbalance, affect your sleep, and cause weight gain.

7

**Undereating** is a surefire way to reduce the amount of hormones you make, which is already at a low in perimenopause.

8

Using **chemicals** and plastics in cleaning, personal care products, food items, and laundry.

9

Chasing **lab values** instead of focusing on self care, nutrition, and lifestyle factors. There isn't a lab test out there that is going to do the work for you or make you feel better.

10

Expecting that they will be worse. **Mindset** is everything when it comes to redesigning a new life.



“Life doesn’t end with menopause;  
it’s the beginning of a new  
adventure. Strap in and enjoy the  
ride!”







For many women, the **transition** to **menopause—perimenopause**—brings unexpected and often overwhelming **physical** and **emotional** changes. A lack of awareness and education means these shifts can feel abrupt, affecting not just your **body**, but also your **relationships**, career, and **long-term health**.

But here's the good news: With the right **knowledge**, **guidance**, and **intentional self-care**, perimenopause doesn't have to be a struggle. Instead, it can be a time of growth, self-discovery, and deeper awareness of your body's needs.

My passion is to ensure that women in midlife are **well-informed** and **empowered**, armed with accurate, **expert-backed information** on hormones, **health**, and **longevity**—so they can navigate this transition with **confidence** and **vitality**.

*Thank you for trusting me! I hope you found this information valuable and it empowers you to make the changes necessary to thrive in midlife.*



## **GET THE ANSWERS YOU NEED**



*Are you still struggling though perimenopause?*

***The Balanced Hormone Solution 90-day program*** helps you stop messing around in midlife and get access to exactly what works to feel great about your sleep, weight, period, mood, body, and life.

# About Me

## Tracy Erin, BSN, RN, IHP2

Tracy is a certified Integrative Health Practitioner and Registered Nurse. She is the founder and CEO of Tracy Erin Wellness and The Balanced Hormone Solution, a 90-day program that helps women 35+ balance their hormones so they can get out of survival mode and feel like themselves again.

She started Tracy Erin Wellness after her own personal journey with chronic illness that took her to the depths of despair and eventually over to the other side where she found true health and wellness. Her pain became her passion as she now helps women find answers and achieve optimal health.

Tracy is a homeschool mom of five beautiful children, has traveled all over the world, and currently resides in middle Tennessee where she operates her virtual practice with clients from all over the world. She loves to spend time with her family, travel anywhere, gaze at sunrises on the beach, take long walks, baking chocolate chip cookies, and salsa dancing.



Do You Need  
More Help?

[Book a FREE call here](#)



[hello@tracyerinwellness.com](mailto:hello@tracyerinwellness.com)

[www.tracyerinwellness.com](http://www.tracyerinwellness.com)