5 Early Menopause Signs Women Over 30 Must Watch (And How to Fix It) Transcript

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Early Perimenopause Warning Signs

If you are in your late 30s and 40s, and you're noticing a change in menstrual cycles. You are unable to lose weight, specifically that stubborn belly fat.

As well as you have low energy and your mood is not the best. Then you might have wondered, is it because of your hormones? And you were absolutely correct.

Research is showing more and more women are entering into what we call as early perimenopause and early menopaus stages. And it is not because your body is failing you, but because of a modern day lifestyle, exposure to new and new toxins on a daily basis and plus having high amount of stress all the time.

All of these exposures collectively affects different hormones in your bodies and that ultimately is leading to early menopausal issues. So today I am sharing with you 5 earliest warning signs that your body is giving to you that you ovaries might be failing soon.

And more importantly what you can do today to help support your hormones, to support metabolism and improve your overall hormonal health. Hi, I'm Dr. Anshul Gupta, a former Cleveland Clinic functional medicine physician from US.

I help people improve their chronic diseases by making personalized functional medicines. Now most women will reach menopause between the age of 45 and 55. But these days I am seeing more and more of my patients in their 30s and 40s who have hormonal dysfunctions and all signs and symptoms of early ovarian failure.

Why is that happening? Because the ovaries and the female hormonol system is very sensitive to external environment, specifically when your body gets exposed to chronic amount of stress.

as well as when your body gets exposed to several toxins in our environment, either heavy metals, mold toxins or toxins, in the body products that we are using.

All of those attack your female hormones. Plus having nutritional deficiencies, specifically we need vitamins and minerals to support the female hormone and lot of females are low in them.

And the last thing is poor sleep quality. All of these collectively start a very slow destruction of your female hormonal system and your body starts giving you early signs and symptoms but most females are not aware of them and they ignore it completely.

The very first sign or symptom is having changes in your menstrual cycle. Whether your cycles are becoming irregular or you are noticing that your cycle has suddenly become either very light or very heavy.

Plus you are noticing any spotting in between your cycles that is another sign or symptom.

Why Hormonal Changes Happen Early

So if you're feeling that your cycle have changed recently, you might have an imbalance between the quantity of estrogen and progesterone in your body and that leads to these changes into your menstrual cycle.

This is the first sign of symptom, the second sign symptom is that if your feeling anxious, stressed out or you just feeling not like yourself. These are again signs and symptoms that your estrogen is fluctuating in your body.

The reason being estrogen hormone directly influences your serotonin, your dopamine and your GABA hormones.

These three hormones control your mood and if there is any fluctuation in the estrogen, that also causes fluctuations in these mood hormones and that's the reason of your changes.

The third sign or symptom is that if you are noticing that you're accumulating more fat specifically around your belly area or you were unable to lose that belly fat even though you doing extreme dieting or exercising.

The reason being fluctuations in your estrogen hormones also leads in fluctuations of your cortisol, increase inflammation in the body as well as causes increase insulin resistance.

Whenever our cortisol levels increase as well as insulin resistance increases, we start accumulating fat especially around the belly area. It is very difficult to lose that fat because it is not about calories, it's about this hormonal dysfunction which is happening inside the body.

Indirectly fluctuations in your estrogen levels also affects your metabolism of the weight and that's the reason it makes it more difficult. The fourth sign or symptom is that you are feeling hot flashes or you have sleep disturbances or night sweat issues.

Typically, females will complain that they are waking up at 2 or 3 am in the night and it is very difficult for them to fall back to sleep. Plus they will not feel rested after having a full night sleep in the morning that indicates a poor quality sleep.

The reason being whenever there are fluctuations in your female hormones that affects your melatonin and cortisol levels. These are your sleep hormones and a dysfunction in these two hormones presents as disturbed sleep as well as hot flashes and night sweats.

Testing Your Hormones and Thyroid

5. If you are feeling vaginal dryness or you have low libido issues. A lot of women feel embarrassed to talk about this specific sign or symptom but this is the major sign that is telling your body that your ovaries are not producing enough estrogen and plus you have less amount of other female hormones also and that's actually causing this dryness as well as is affecting your libido issues.

So these are the earliest signs or symptoms. So if you are going through any of these, the first thing you need to do is that you to get a complete hormonal lab test done so you know exactly where your hormones are.

And plus let me also share with you these some natural tips and tricks that can do today to rebalance your hormone. First of all, let's talk about the testing.

You need a Complete Hormonal Panel which will include your FSH, your LH, your estrogen, your progesterone as well as testosterone. Along with that make sure you are checking your other hormones like your thyroid hormones, TSH, free T3, Free T4.

As well you get your adrenal hormones checked too which is your cortisol levels. Along with that, if you can check your inflammation markers like HSCRP, that will also tell whether your body is going through a lot of inflammation or not.

All these blood tests are easily available worldwide in each and every lab. So please make sure you get this complete hormonal panel done so you know where your hormones are.

Now let me share with you how you can rebalance your hormones naturally. The very first thing which is very essential for each and every woman is to start eating healthy fats.

Now this is astonishing fact which none of my patients knew is that all of the female hormones are made from good fats and as we are living in a day of age of eating low fat diets, that's exactly the reason that our hormones also are low in our body.

Natural Ways to Rebalance Hormones

So make sure you are including good fat foods which are your olive oil, your coconut oil or Indian ghee, avocados, nuts and seeds like chia seeds, flax seeds almonds, walnuts as well as eat those fatty fishes which is high in omega 3. So these are all foods that are high and good fats.

Second thing is avoiding those regular cosmetic products which have high amount of toxins. Instead switch over to cleaner cosmetic product. A good resource for this is environmental working group.

They have a website called ewg.org and they have listed cleaner cosmetics products that are safe to use. The third thing you need to eliminate is non-stick cookwares as well as harsh chemicals that you use for cleaning purposes in your All of these products have high amount of toxins which directly targets your estrogen and destroys it.

So please try to avoid these specific toxins at least so that you can safeguard your ovaries as well as your female hormones. The third thing you need to do is that you NEED TO WORK ON YOUR ADRENAL GLANS.

Adrenal glands are a key to supporting your female hormones and it is very important to support your adrenal glands. You can do it easily within 10-15 minutes.

For this, you can either do a 5-10 minute of morning breath work where you are following deep breathing exercises for just 5 to 10 minutes while you're getting the sun exposure in the morning.

Or you can add a 10-15 minute guided meditation which will again be helpful for your adrenal glands. The other thing you do it once you are winding your day down in the night time.

You can do journaling that has a very positive effect on your Adrenal glands, so make sure you work on those Adrenals. To support your adrenal glands you always take a supplement like Ashwagandha or rhodiola.

Those are called adaptogenic herbs and they help in rebalancing your adrenal glands. The next thing you need to do is that you include good quality proteins which have all the amino acids to support your hormones properly.

All of these amino acid are playing a huge role in the rebalance of your hormone and some of them are even building blocks for your body. So make sure good quality proteins are part of each and every meal of yours, whether it is chicken, fish or turkey or if you are vegan or vegetarian, you include lentils, legumes, chickpeas or lots of nuts and seeds specifically pumpkin seeds, sunflower seeds chia seeds or flax seeds.

And the last thing that you need to do is that, you NEED to improve the quality of your sleep.

Sleep, Supplements, and Final Tips

Now we know that sleep is the time where our body is detoxifying those hormones so that the body will be ready for a new set of hormones the next morning.

But if you do not have good quality sleep, this detoxification doesn't happen and that affects your hormonal levels the next day. So make sure you're getting seven to eight hours of sleep.

And in that front, you can support your sleep by adding magnesium glycanate as a supplement that will definitely improve your sleeve quality. I've created this very high quality magnesium supplement.

If you want to buy the link will be in the description. The last thing very important to also support is your thyroid gland by getting the right nutrients like selenium, zinc, l-tyrosine and ashwagandha all-rhodiola.

So make sure you are getting all of these nutrients which support your hormones and check out the thyroid balance product that I have created which has the amount and form of the nutrients to support the hormones.

So today I shared with you these early signs and symptoms that you might be heading towards an early menopause. But more importantly, what you can do today to take control of your hormones and get the quality of life back that