



FULLCIRCLE  
NATURAL MEDICINE

# Free Guide

TO SAFE, SMART, EFFECTIVE  
**HORMONE REPLACEMENT THERAPY**



BY DR. JENNIFER NOVEMBER

# 01.

## I'M STILL HAVING PERIODS... WHY DO I FEEL SO "OFF"?

You don't need a blood test to tell you that something is changing; your body is expressing this loud and clear. For many women, **perimenopause** begins in their early to mid 40s, sometimes earlier. This phase can last up to 10+ years before your period stops completely. As estrogen, progesterone, and testosterone fluctuate and decline, they impact every system of your body – not just your reproductive organs.



## PERIMENOPAUSE

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### You might be experiencing:

- Irregular or heavier periods
- Fatigue that doesn't lift with rest
- Trouble falling or staying asleep
- Anxiety, low mood, short temper, or mood swings
- Brain fog or forgetfulness
- New joint pain or body aches
- Hot flashes, night sweats, or a change in how your body handles heat
- Skin changes, including dryness or increased sensitivity
- Decreased libido or vaginal dryness



## PERIMENOPAUSE

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While normal physiology, it can still feel very disruptive. With the right support, you can gain your ground again and feel more like yourself. For many people the addition of supportive herbs and nutrients to balance fluctuating hormones and increase those that are low, can be enough. For others, a small amount of hormonal support can be beneficial. For all, preventative labs can be beneficial to ensure all other bodily systems are working at their full capacity to support hormonal shifts.



## 02.

PERIODS ARE DONE... WHY  
ARE THESE SYMPTOMS STILL  
HANGING AROUND?

**Menopause** is marked by one full year (12 months) without a period. This can happen any time between the ages of 45 and 55.

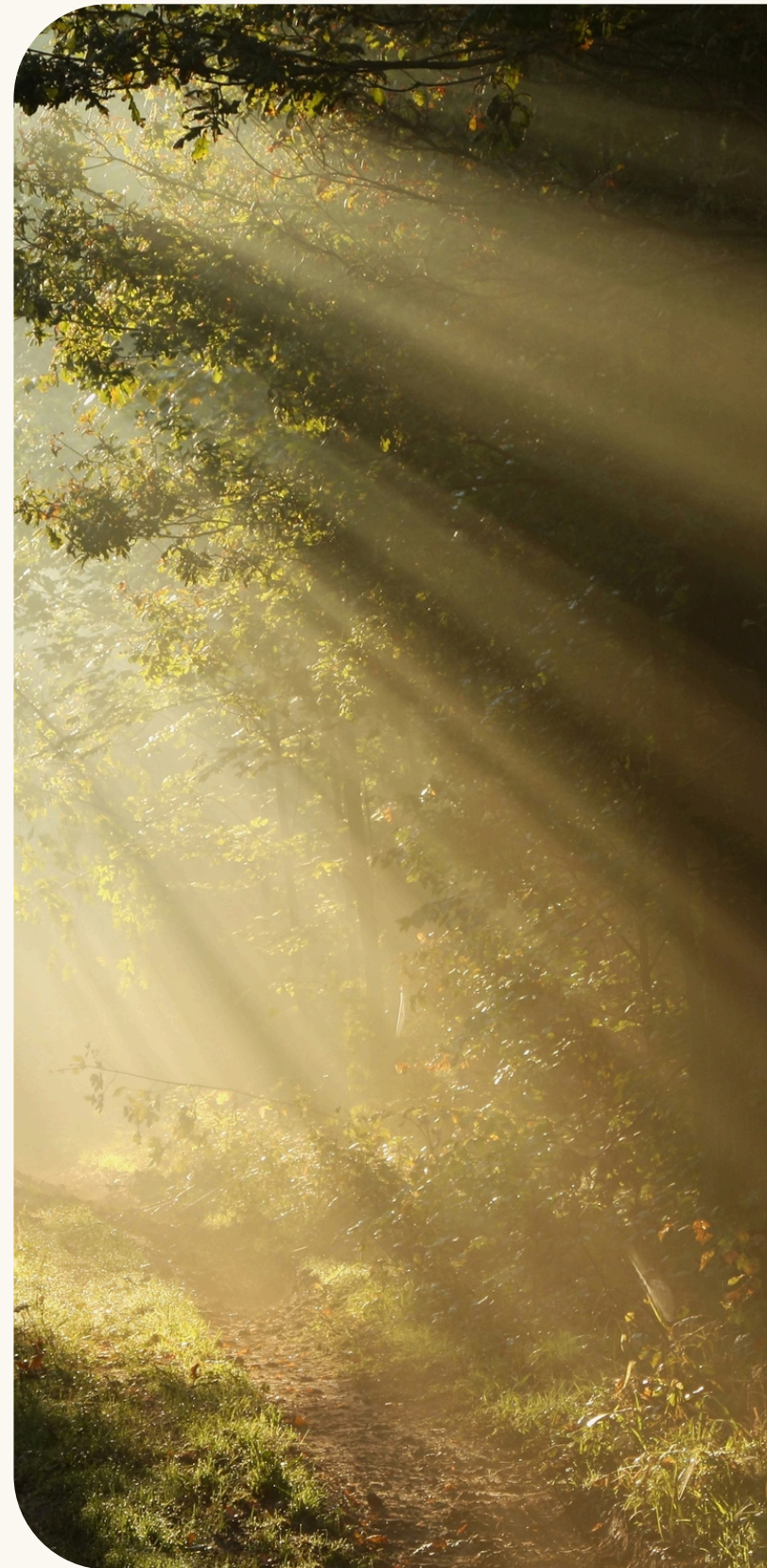
In the United States, the average age for menopause is 51.

## MENOPAUSE & POST- MENOPAUSE

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All of the symptoms mentioned above are still relevant in this phase. And again, for many people herbs, nutrients, and lifestyle adjustments can be enough. **For others, hormone replacement therapy (HRT) can be very helpful.**

Hormone replacement therapy works by supplementing your body with hormones that are declining, primarily estrogen, progesterone and testosterone. Generally labs are completed to determine which hormones are low and how they look in relation to one another.



## MENOPAUSE & POST-MENOPAUSE

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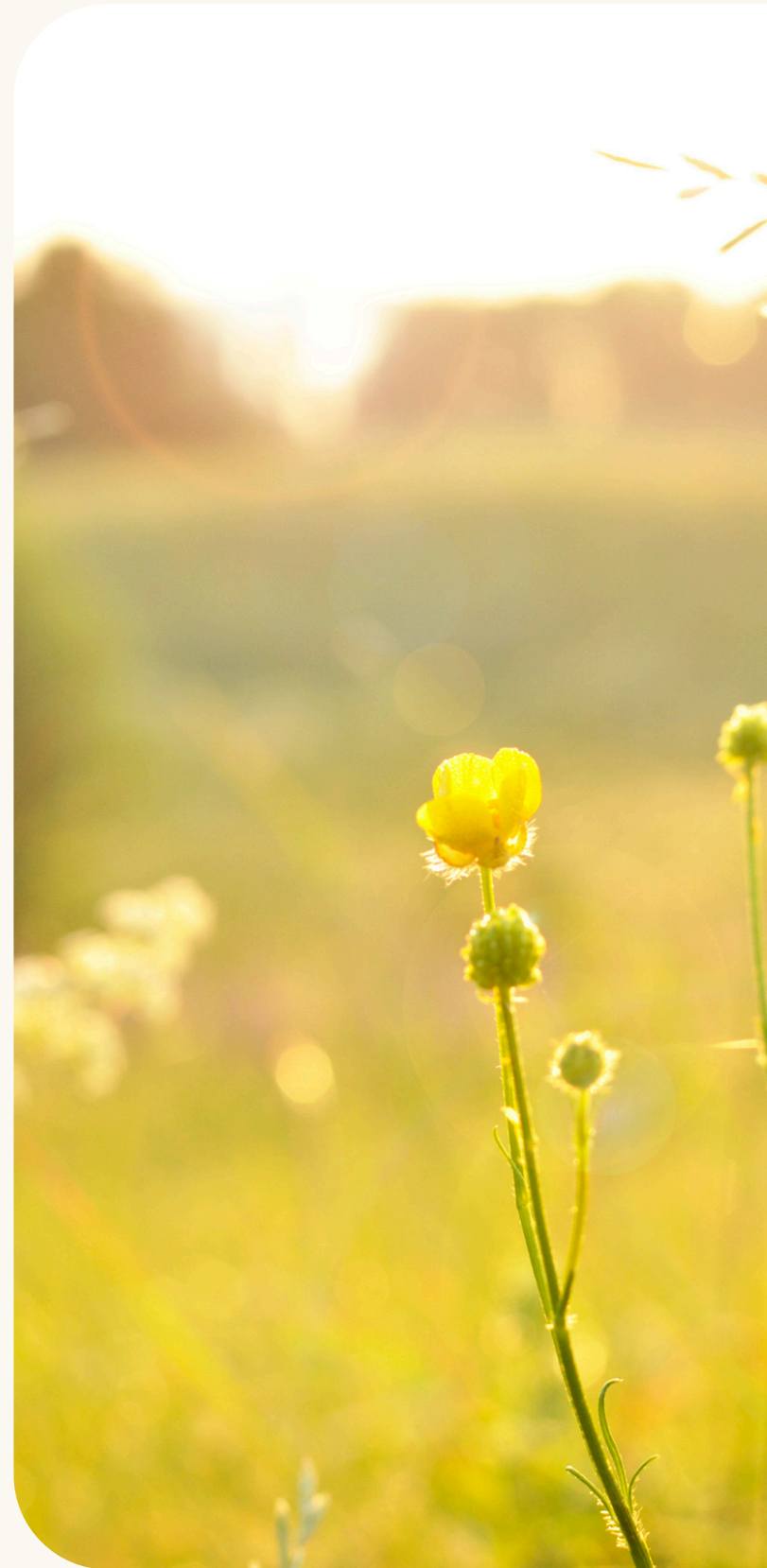
There are several formats that can be used:

- Transdermal estrogen (patch, gel, cream): safest for most people
- Oral estrogen: used in specific cases as it carries higher clot risk
- Oral progesterone: protects the uterine lining and supports sleep and mood
- Topical progesterone: helpful for folks who have a hard time tolerating oral progesterone or don't need as intense of a format
- Vaginal estrogen: for dryness, pain with intercourse, and urinary symptoms (increased urgency and frequency, with no infection at hand), with minimal systemic absorption
- Topical testosterone: used off-label for cis females to support libido, energy, and cognition. (Also available in injection or pellet format.)

## MENOPAUSE & POST- MENOPAUSE

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While there are other forms available as well, the list above includes the more common formats used at our clinic. The great thing about working with a naturopathic doctor and compounding pharmacy is that treatment, formats, and doses can be very customized to **individual needs.**





## **When prescribed appropriately, HRT can:**

- Improve sleep and mood
- Increase energy
- Reduce hot flashes and night sweats
- Help prevent bone loss and fractures
- Improve focus and cognitive clarity
- Reduce vaginal dryness and discomfort
- Increase libido
- Support muscle mass and metabolic health
- Reduce joint pain and aches



## IS HORMONE REPLACEMENT THERAPY SAFE?

When overseen by a doctor and as part of an individualized plan HRT is very safe. That means looking at your health history, risk factors, symptoms, and goals. It also means knowing when hormones aren't the best choice, and what to use instead.

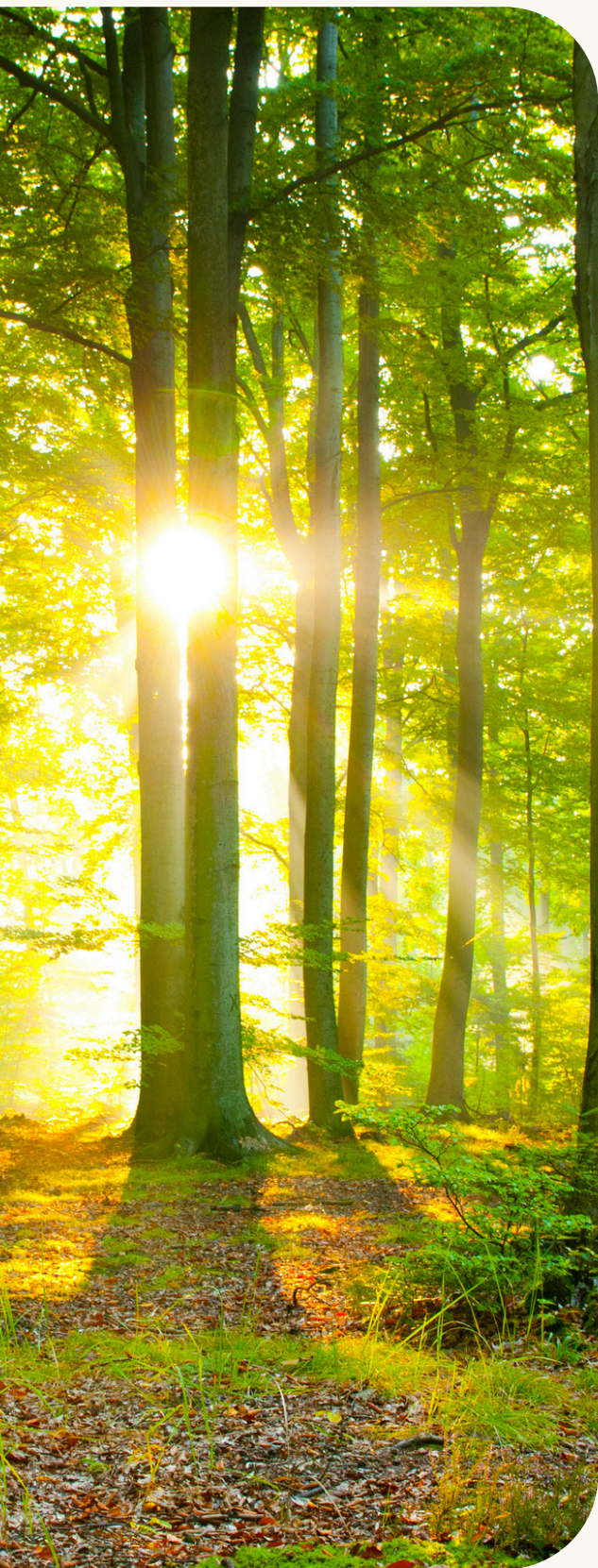
## SAFETY

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If you're considering HRT, here's what to expect from a responsible, evidence-based approach:

- A comprehensive intake and symptom review
- Lab testing to assess baseline hormones, nutrient levels, lipid and metabolic markers
- A clear conversation about risks and benefits in your specific case
- A trial plan that starts low and adjusts based on your response
- Ongoing monitoring and support





# 04.

## HOW LONG DO I USE HORMONE REPLACEMENT THERAPY?

Some women need only short-term HRT to get through the hardest years of transition. Others benefit from longer use, especially for bone, cardiovascular, and brain protection. Many combine hormone therapy with nutrition, herbs, and lifestyle shifts for broader support.

## TIMELINE

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Research supports HRT being at its safest when prescribed to women under the age of 60 and within 10 years of menopause. Previously it was thought that being on the lowest dose to relieve symptoms for the shortest amount of time was the safest protocol. We have learned in the past few years that this rule is a bit more nuanced particularly when HRT is used preventatively (i.e. for bone, brain and heart health).

As mentioned above, individualized treatment is key, as well as open communication with your doctor, including ongoing monitoring and support.



## 05.

### MENOPAUSE FROM AN ENERGETIC STANDPOINT

Menopause is not only a time for change in the body, but also change to the body's greater energy. Exploration of what this means for you is key. **Ask questions of yourself and your support network:** What are your goals at this point? What do you want to be doing with your life? What makes you happy?



## ENERGY

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These questions are answered with greater ease when menopausal symptoms are at bay. As mentioned previously, use of herbs, nutrients, HRT, diet and lifestyle adjustments, play a big role energetically as well. It's a full spectrum approach.

Having more energy, less pain and symptoms = you being able to live your best life.

The doctors at Full Circle are here to support you in achieving vibrant health.

# SCHEDULE TODAY!

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## WANT TO EXPLORE THE BEST PLAN FOR YOU?

Schedule a visit with Dr. Jennifer November to start your personalized hormone program to get clear, individualized answers and support, and feel like your best you!



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