

Hormone Support: Another Piece of the Puzzle



What is Hormone Support?

Hormone support helps address the changes that occur as estradiol and progesterone decline during perimenopause and menopause.

These hormone changes can influence:



Movement



Sleep



Stress Response



Energy



Mood



Temperature Regulation



Nervous System Regulation



How It Helps

Appropriate hormone support may help improve:

Sleep quality, stress resilience, temperature regulation, mood, energy, recovery, and nervous system stability.



Finding the Right Support

Work with a knowledgeable menopause provider who understands the whole-body effects of hormone changes.



Local option:



Amy McCracken,
DNP, APRN, MSCP
Founder, My Menopause
Lincoln, NE



Bridget Brodecky,
MSN, APRN, MSCP
My Menopause



Out-of-town option:

Find a certified menopause provider through the

**Menopause Society
Certified Practitioner
Directory**



Hormone support is one piece of the puzzle that can help restore stability, resilience, and nervous system regulation.