

pause + **reset**



Advanced Therapies **for Menopause Relief**

*Beyond hormones: the tools that accelerate recovery
and help your body do what it's trying to do*

by *pause* + **reset**

Hormones Are the Foundation. These Are the Accelerators.

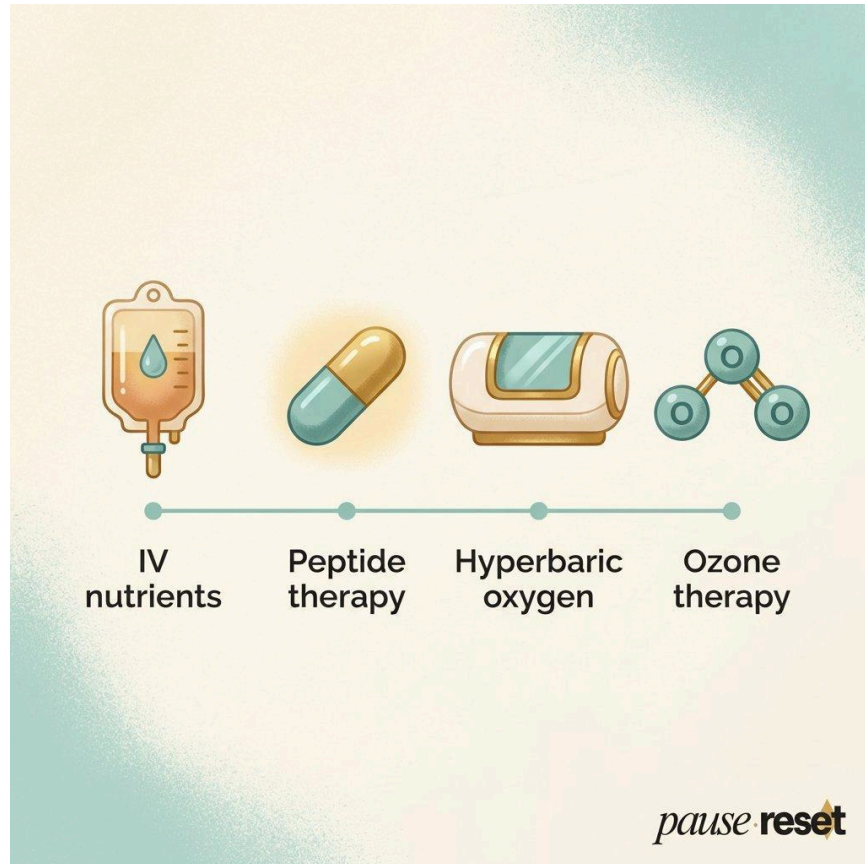
Bioidentical hormone therapy is the core of what we do. It restores the foundation. But for some women, the foundation alone isn't enough – or it could use support to work faster, deeper, and more completely.

That's where advanced therapies come in. Think of them as precision tools that address specific gaps your body developed during the hormonal transition – gaps in nutrients, in cellular repair, in oxygen delivery, in detoxification.



Important context:

These therapies are NOT replacements for hormonal support. They're complements. We recommend them based on YOUR data – what your labs show, what your symptoms tell us, and what your body needs to recover fully. Not everyone needs all of them. Some women don't need any. We never add a tool just because it exists.



"The right tool at the right time can be the difference between 'better' and 'back to myself.'"

Your Toolkit – Explained in Plain English

No jargon. No hype. Just what each therapy does, who it's best for, and what it actually feels like.

IV Nutrient Therapy

What it does: Delivers vitamins, minerals, and amino acids directly into your bloodstream – bypassing your gut entirely. This means 100% absorption versus the 20-40% you get from oral supplements. Especially valuable for women who are deeply depleted (which is most women during perimenopause) or whose gut absorption is compromised.

Best for: Women with persistent fatigue, brain fog, immune issues, or lab-confirmed nutrient deficiencies that aren't responding to oral supplements. Also excellent for women with digestive issues that impair absorption.

The experience: *You sit in a comfortable chair for 30-60 minutes while the IV runs. Many women read, work on their phones, or nap. Most feel a noticeable energy boost within 24-48 hours. Some feel it same-day.*

Peptide Therapy

What it does: Peptides are short chains of amino acids that act as signaling molecules – they tell specific cells in your body to DO something. Different peptides target different functions: tissue repair, fat metabolism, sleep quality, immune regulation, collagen production, and more. They're like targeted text messages to your cells.

Best for: Women who want to accelerate specific aspects of recovery – faster tissue repair, improved body composition, deeper sleep, better immune function, or enhanced collagen production. Peptides are precision tools for specific goals.

The experience: *Depending on the peptide, it may be a small daily injection (similar to insulin), an oral capsule, or a nasal spray. The method depends on which peptide and what it targets. Effects are typically noticed over weeks, not days.*

Hyperbaric Oxygen Therapy (HBOT)

What it does: You breathe concentrated oxygen in a pressurized chamber, which dramatically increases the amount of oxygen dissolved in your blood and delivered to your tissues. More oxygen means faster cellular repair, reduced inflammation, enhanced brain function, and accelerated healing. Your cells literally have more fuel to work with.

Best for: Women with persistent brain fog, chronic inflammation, slow wound healing, or anyone wanting to support cellular recovery and neuroprotection. Increasingly studied for cognitive health during hormonal transitions.

The experience: *You lie in a comfortable chamber for 60-90 minutes. Some women watch shows on their phone, others rest. You may feel a gentle pressure change (like an airplane descent). Most women report feeling clearer and more energized after sessions.*

✨ Ozone Therapy (EBOO)

What it does: EBOO (Extracorporeal Blood Oxygenation and Ozonation) filters your blood through a system that exposes it to ozone, then returns it to your body. This supports detoxification, reduces oxidative stress, enhances immune function, and improves oxygen utilization at the cellular level. Think of it as a deep clean for your blood.

Best for: Women dealing with chronic fatigue that hasn't fully resolved, persistent inflammation, immune dysfunction, or anyone seeking a deeper level of systemic detoxification and cellular optimization.

The experience: *A session takes about 45-60 minutes. You're seated comfortably while the system runs. It's gentle and well-tolerated. Many women describe feeling 'lighter' and more energized afterward.*

How We Decide What You Actually Need

We don't recommend therapies based on what's trendy. We recommend them based on what your body tells us it needs.

The decision framework:

- ✓ Your labs tell us WHERE the gaps are – nutrient depletion, inflammation levels, immune markers
- ✓ Your symptoms tell us WHAT'S not resolving with hormonal support alone
- ✓ Your goals tell us HOW aggressive or conservative to be
- ✓ Your response over time tells us whether to continue, adjust, or stop

What this looks like in practice:

- Ferritin at 15 and oral iron isn't budging? IV iron infusion.
- Brain fog persisting despite optimized hormones? HBOT for neuroprotection.
- Body composition not shifting despite metabolic support? Targeted peptides.
- Chronic inflammation markers elevated? Ozone therapy for systemic support.

Every recommendation traces back to data, not guesswork.

*"Advanced doesn't mean aggressive. It means precise.
The right tool, for the right gap, at the right time."*

Learn more: [peptide therapy](#) | [IV nutrient therapy](#) | [bioidentical hormone therapy](#)

Ready to Explore Your Options?

Two ways to start – depending on where you are right now.



Know someone who's tried everything but still not 100%?

The friend whose hormones are optimized but brain fog lingers. The woman whose energy improved but didn't fully come back. The one who's close but not all the way there yet. Send her this.

Share: pausereset.com/guides/advanced-therapies

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\$69 Visit with Dr. Nina

30 minutes. Your full picture. Labs reviewed. We'll tell you exactly which therapies make sense for YOUR body.

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Avail virtually in most states | In-person therapies at our Atlanta wellness center

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