

*pause* + **reset**



## Headaches, Hormones & Menopause

*Why your headaches changed, why painkillers aren't enough,  
and what's actually driving them*

---

by *pause* + **reset**

## Your Headaches Changed. Here's Why.

Maybe you've always been headache-prone and they've gotten dramatically worse in your 40s. Or maybe headaches are brand new – you never had them, and now they're showing up regularly with no explanation.

Either way, the pattern shifted. And everything you used to do about them – the Advil, the Excedrin, the dark room, the caffeine trick – works less than it used to. Or doesn't work at all.

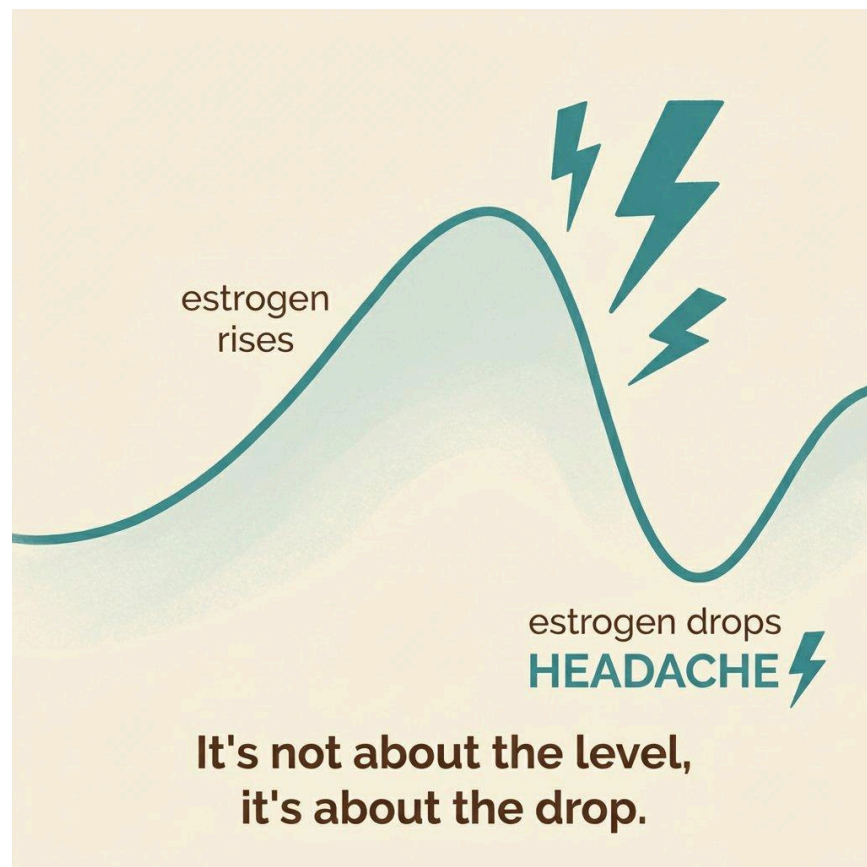
### Does any of this sound familiar?

- Headaches that show up like clockwork around your period – but worse than ever
- New migraines in your 40s that came from absolutely nowhere
- Headaches that no longer respond to the painkillers that always worked
- A dull pressure behind your eyes that lingers for DAYS
- Headaches that seem connected to your sleep – worse after a bad night
- Your neurologist can't find anything wrong, but the headaches keep coming

**Here's the connection nobody made for you: your headaches aren't about what's happening in your HEAD. They're about what's happening in your HORMONES.**

# It's Not About the Level. It's About the Drop.

This is the single most important thing to understand about hormonal headaches – and it's the thing most doctors miss:



Your brain doesn't care whether estrogen is high or low. It cares about STABILITY. When estrogen is steady – even if it's low – your brain adapts. When estrogen DROPS suddenly, your brain's blood

vessels react. They constrict, then dilate. Inflammation spikes. Pain pathways activate. Headache.

**This is why:**

- Menstrual migraines happen right BEFORE your period – that's when estrogen drops fastest
- Perimenopause headaches are worse – because estrogen is swinging MORE wildly, creating bigger drops
- Some women get BETTER after menopause – because estrogen finally stabilizes (at a lower level, but stable)
- Headaches can be triggered by skipped ovulation – anovulatory cycles create erratic estrogen patterns

***"The volatility is the trigger. Not the level. That's why your headaches got worse during perimenopause – your estrogen became more volatile than it's ever been."***



### **The migraine-with-aura detail:**

If you've never had migraines with aura (visual disturbances, zigzag lines, flashing) and they started in your 40s – that's a pattern we see regularly. Estrogen volatility during perimenopause can trigger aura in women who never experienced it before. It's alarming, but it's typically hormonal, not neurological. That said, new-onset aura always warrants evaluation to rule out other causes.

# The Amplifiers: What Makes It Worse

Estrogen volatility is the trigger. But during perimenopause, multiple other factors AMPLIFY the headache signal:

## Sleep disruption

Poor sleep raises cortisol, lowers your pain threshold, and increases inflammation – all of which make headaches more likely and more severe. If your progesterone is low and your sleep is broken, your headache threshold drops significantly.

## Cortisol + stress

Elevated cortisol from progesterone decline creates a chronic stress state that sensitizes pain pathways. The same hormonal shift that's disrupting your sleep is also making your brain more reactive to headache triggers.

## Magnesium depletion

Magnesium is involved in over 300 enzymatic processes including blood vessel regulation and neurotransmitter function. Most women are depleted during perimenopause – and low magnesium is one of

the most well-documented nutritional contributors to both migraines and tension headaches.

### Alcohol

Even small amounts of alcohol during perimenopause can trigger headaches through dehydration, blood vessel dilation, histamine release, and estrogen metabolism disruption. If your headaches worsen after drinking – even one glass – that's the hormonal amplification at work.

### Thyroid dysfunction

Hypothyroidism and Hashimoto's both increase headache frequency. Since thyroid issues commonly surface during perimenopause, an undiagnosed thyroid problem could be amplifying headaches that started as hormonal.



### **Why painkillers stopped working:**

NSAIDs and triptans treat the PAIN – the downstream effect. They don't address the hormonal volatility that's CAUSING the pain. When the trigger is biological and ongoing, pain management alone creates a cycle: headache → painkiller → relief → next drop → headache → painkiller. Addressing the hormonal environment breaks the cycle at the source.

# Breaking the Headache Cycle

The goal isn't better pain management. It's fewer headaches – because the trigger environment changes.

## What we evaluate:

- ✓ Your estrogen pattern – how volatile is it? How big are the drops?
- ✓ Your progesterone status – is sleep disruption and cortisol amplifying your headaches?
- ✓ Your thyroid function – is an undiagnosed thyroid issue making everything worse?
- ✓ Your magnesium and nutrient levels – are deficiencies lowering your headache threshold?
- ✓ Your inflammation status – is chronic inflammation sensitizing your pain pathways?

### **What women usually notice:**

When hormonal support stabilizes estrogen – reducing the volatility and the sharp drops – headache frequency typically decreases within the first 1-2 months. Some women go from weekly headaches to monthly. Some go from monthly to rare. The headaches don't always disappear completely, but the pattern shifts from "constant" to "manageable" to "uncommon."

*"When estrogen stabilizes, the drops get smaller. When the drops get smaller, the headaches get fewer. That's the math."*

Learn more: [perimenopause symptoms](#) | [bioidentical hormone therapy](#) | [hormone testing](#)

# Ready to Break the Cycle?

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



## Know someone who lives on Excedrin?

The friend whose migraines got worse in her 40s. The sister who's been to the neurologist twice with no answers. The woman who cancels plans because she never knows when one will hit. Send her this.

### CURIOUS ABOUT US?

#### Free 10-Minute Call

Talk to someone who understands. Ask questions. No pressure, just answers.

**[Book a Free Call](#)** →

Free · 10 minutes · No obligation

### READY TO UNDERSTAND YOURSELF?

#### \$69 visit with Dr. Nina

30 minutes. Your full picture. Labs reviewed. Options explained.

**[Book Your Consultation](#)** →

Applied to your program if you continue

Available virtually in most states and in person in Atlanta, GA

[pausereset.com](https://pausereset.com) | (404) 445-8344 | [hello@pausereset.com](mailto:hello@pausereset.com)

[@pauseresetco](#) on Instagram, Facebook, TikTok, YouTube