

*pause* + **reset**



## The Menopause Readiness Guide

*What nobody told you was coming  
(and what we actually do about it)*

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[pausereset.com](https://pausereset.com)

## It's Not Just Hot Flashes

Let's clear something up. Most people think menopause = hot flashes + your period stops. And yes, those things happen.

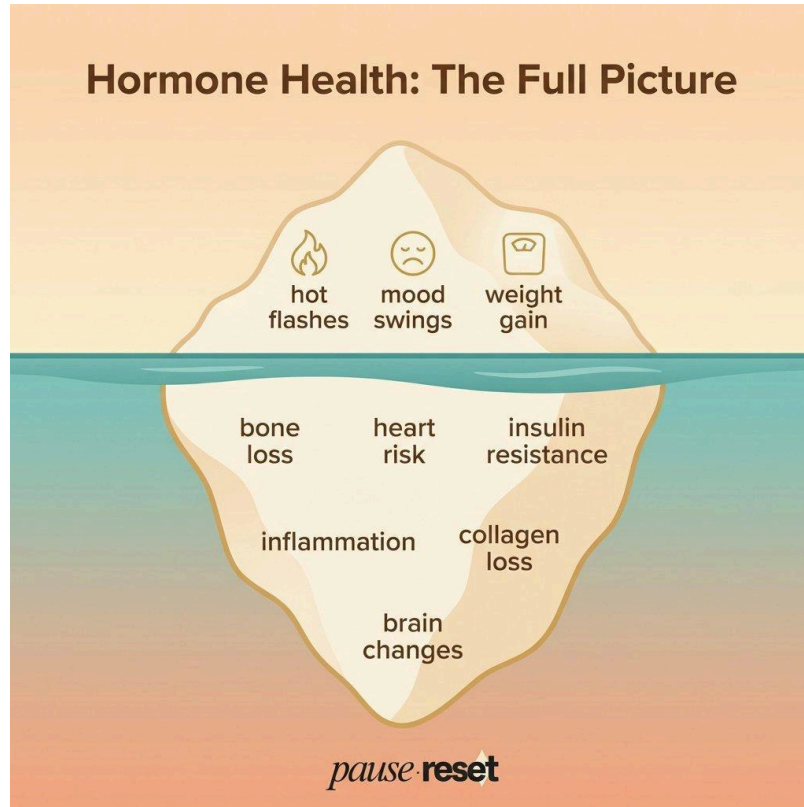
But that's like saying a hurricane is just wind. There's a LOT more going on underneath.

Estrogen doesn't just manage your cycle. It runs over 200 processes in your body. Your brain. Your bones. Your heart. Your metabolism. Your skin. Your gut. Your immune system.

When estrogen changes, EVERYTHING downstream changes with it.

**And here's the part that should concern you:**

**Some of the biggest changes are the ones you CAN'T feel.**



The hot flashes, the mood swings, the weight gain – those are above the waterline. You feel them. You know they're there.

Below the waterline? Bone density declining. Heart risk rising. Insulin resistance building. Inflammation creeping up. Collagen disappearing. Brain metabolism shifting. All of it happening silently, with zero symptoms – until it's advanced.

***"This is why we test even when you feel 'fine.' Because feeling fine and BEING fine aren't always the same thing during this transition."***

## **The Changes You Can't Feel (Yet)**

These are the ones that don't announce themselves. No symptoms. No warning signs. They build quietly in the background – and by the time they show up, they've been developing for years.

### **Bone Density**

Women lose 2-3% of bone density per year in the first several years after menopause. There are no symptoms until something breaks. By then, it's advanced. A DEXA scan is the only way to see it early – and most women don't get one until their 60s. That's a decade too late.

### **Cardiovascular Risk**

Estrogen was protecting your heart your entire adult life. It kept your blood vessels flexible, your cholesterol favorable, and your inflammation in check. When estrogen declines, LDL cholesterol rises, vessels stiffen, and heart disease risk increases significantly. Heart disease is the #1 killer of women – and the inflection point is menopause.

## **Insulin Resistance**

This one is sneaky. Insulin can be elevated for YEARS before your blood sugar ever flags on a standard test. Your body is quietly storing more fat, running more inflammation, and wearing down your metabolic machinery – all while your glucose looks “normal.” Most doctors don't check fasting insulin. We do.

## **Brain Metabolism**

Estrogen supports how your brain uses glucose for fuel. When it declines, brain glucose metabolism decreases – and researchers are actively studying the long-term implications. The brain fog you feel NOW is the surface symptom. What's happening underneath is metabolic.

## **Collagen Loss**

30% of your collagen disappears in the first 5 years after menopause. Thirty percent. And collagen isn't just wrinkles – it's your joints, your tendons, your pelvic floor, your gut lining, your blood vessel walls. When collagen goes, MULTIPLE systems feel it. But it happens so gradually you attribute each change to something else.



### **This is why "I feel fine" isn't enough.**

A comprehensive evaluation catches the changes you CAN'T feel before they become the problems you CAN. That's not being dramatic. That's being smart.

# What a Real Evaluation Looks At

Most doctor's visits check a handful of basic markers and call it a day. We evaluate entire SYSTEMS – because perimenopause doesn't affect one thing. It affects everything. Here's what we're looking at and why:

## Your Hormonal Foundation

- Where are your reproductive hormones right now – and how fast are they changing?
- Is the ratio between your hormones balanced, or is one dominating?
- Are the hormones that drive energy, motivation, and desire still showing up?

*Most doctors never check these during perimenopause. We consider this the starting point – not an afterthought.*

## Your Thyroid Function

- Is your thyroid actually converting and producing at optimal levels?
- Is your immune system quietly attacking your thyroid? (This happens A LOT during perimenopause.)
- Is your thyroid 'technically normal' but functionally struggling?

*The basic screening most doctors run catches less than half of thyroid problems. We go deeper – because a sluggish thyroid looks EXACTLY like perimenopause.*

## Your Metabolic Health

- Is insulin resistance building silently – even though your blood sugar looks 'normal'?
- How is your body actually processing fuel right now?
- Are your cholesterol and inflammation patterns shifting in ways that increase long-term risk?

*This is where the invisible changes live. Most practices don't evaluate metabolic health until something is already wrong. We catch it while it's still reversible.*

## Your Inflammation Status

- Is chronic, low-grade inflammation running in the background?
- Could hidden inflammation be driving your weight retention, brain fog, or joint pain?

*Inflammation is the silent amplifier. It makes every other perimenopause symptom worse – and it's almost never checked in a standard visit.*

## Your Nutrient Status


- Are you depleted in the specific nutrients that support mood, energy, brain function, and sleep?
- Is your body actually absorbing what you're taking – or are your supplements just expensive urine?
- Are hidden deficiencies mimicking perimenopause symptoms?

*Nutrient gaps can look identical to hormonal symptoms. We rule them out – or we address them alongside everything else.*


*"We evaluate 5 body systems using 15+ markers with functional optimal ranges. That's the difference between being told you're 'normal' and actually feeling like yourself."*

## **Questions We Love Hearing**


We WANT you to come in informed. We WANT you to ask questions. Here are the ones our favorite patients ask – and we'd love to hear them from you too:

 *"Can you explain my results in plain English?"* – Yes. Always. No jargon. No confusion. You'll understand every number.


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 *"What's optimal vs. what's just 'normal'?"* – Great question – this is literally the foundation of how we practice.


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 *"How will we know if this is working?"* – We retest. We track trends. We don't guess.


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 *"What should I expect in the first 30/60/90 days?"* – We'll walk you through the timeline so nothing catches you off guard.

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 *"What's causing THIS specific symptom?"* – We connect your symptoms to your data. Every symptom gets traced to a cause.

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 *"Do I need all of this or can we start smaller?"* – Absolutely – we meet you where you are. Not everyone needs everything at once.

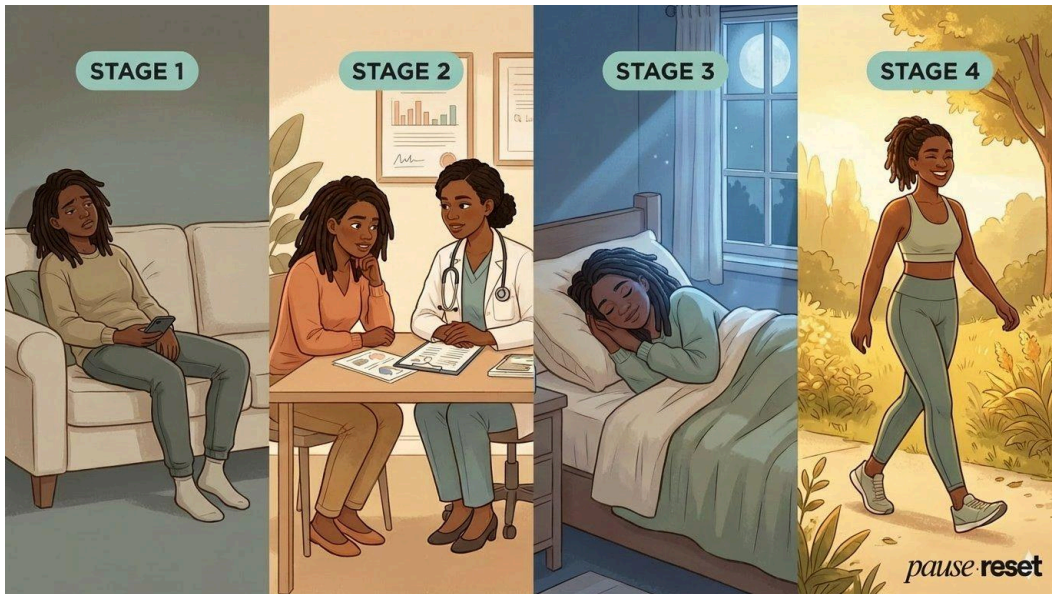
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## **The vibe at Pause + Reset:**

This isn't a 10-minute appointment where you feel rushed. This is 30-45 minutes with a provider who's genuinely interested in your full picture. Come with your list. Come with your questions. Come with the symptoms you've been embarrassed to mention. We've heard it all – and none of it is embarrassing to us.

# What to Expect: Your First 90 Days

Here's how it actually works – from the first conversation to the "I feel like myself again" moment.



## WEEK 1

### The Conversation

Free discovery call or \$69 consultation with Dr. Nina. We listen. You talk. We figure out if this is the right fit. If it is, we order your comprehensive labs.

## WEEKS 2-3

### The Full Picture

Your labs come back. We sit down together (virtually or in person) and go through EVERY marker. What's optimal.

What's off. What's connected. You'll finally understand what's been going on – and have a clear plan.

### MONTH 1-2

#### **The Early Wins**

Treatment begins. Most women notice sleep improving first – sometimes within days. Then mood stabilizes. Energy starts rebuilding. Brain fog begins to lift. These early shifts are your body responding to getting what it's been missing.

### MONTH 2-3

#### **The Fine-Tuning**

We recheck labs. We see what's moving. We adjust doses, add support where needed, optimize the protocol. This is precision medicine – not set-it-and-forget-it.

### MONTH 3+

#### **The New Normal**

This is where women say it. "I feel like myself again." Sleep is deep. Mood is steady. Energy holds through the afternoon. Brain is sharp. The version of you that felt like she was slipping away? She's back. And now we maintain it.

***"Every woman's timeline is a little different. But the trajectory is consistent: test, understand, treat, optimize, thrive."***


## What Makes Pause + Reset Different




We're not your typical doctor's office. And honestly? That's the whole point.

### **We evaluate what others skip**

5 body systems. 15+ markers. Hormones, thyroid, metabolism, inflammation, nutrients – the full picture, not the basics.

 **We connect every symptom to your data**

Your insomnia, your anxiety, your weight gain, and your brain fog aren't four problems. They're one root cause expressing in four ways. We see the pattern.

 **We fix the root – not the symptoms**

Bioidentical hormones, functional medicine, nutrition strategy, advanced therapies – all guided by YOUR data. Not guessing. Not generic. Yours.

 **We see patients everywhere**

Virtually across all 50 states. In person at our Atlanta wellness center (8735 Dunwoody Place, Suite 110). However works for your life.

Learn more about our [bioidentical hormone therapy](#), [comprehensive hormone testing](#), and our full list of [perimenopause symptoms we treat](#).

***"We're not here to hand you a prescription and send you on your way. We're here to figure out what's actually going on – and fix it."***

# Ready to Feel Like Yourself Again?

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

 **Send this to someone who needs it.**

You know who she is. The friend who keeps saying "I don't know what's wrong with me." The sister who can't sleep. The coworker who seems different lately.

**Sometimes the most powerful thing you can do is say "read this."**

## CURIOUS ABOUT US?

### Free 10-Minute Call

Talk to someone who understands what you're going through. Ask questions. See if this feels right. No pressure, no pitch – just answers.

**[Book a Free Call](#) →**

Free · 10 minutes · No obligation

## READY TO UNDERSTAND YOURSELF?

### \$69 Consultation with Dr. Nina

30 minutes to understand your full picture. Options explained. Your questions answered by an expert who gets it.

**[Book Your Consultation](#) →**

Applied to your program if you continue

Available virtually most states and in person in Atlanta, GA

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