

*pause* + **reset**



## Your Body's **Different Now**

*The physical changes nobody warned you about  
– and why they're all the same thing*

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by *pause* + **reset**

## It Feels Like 9 Problems. It's Just 1.

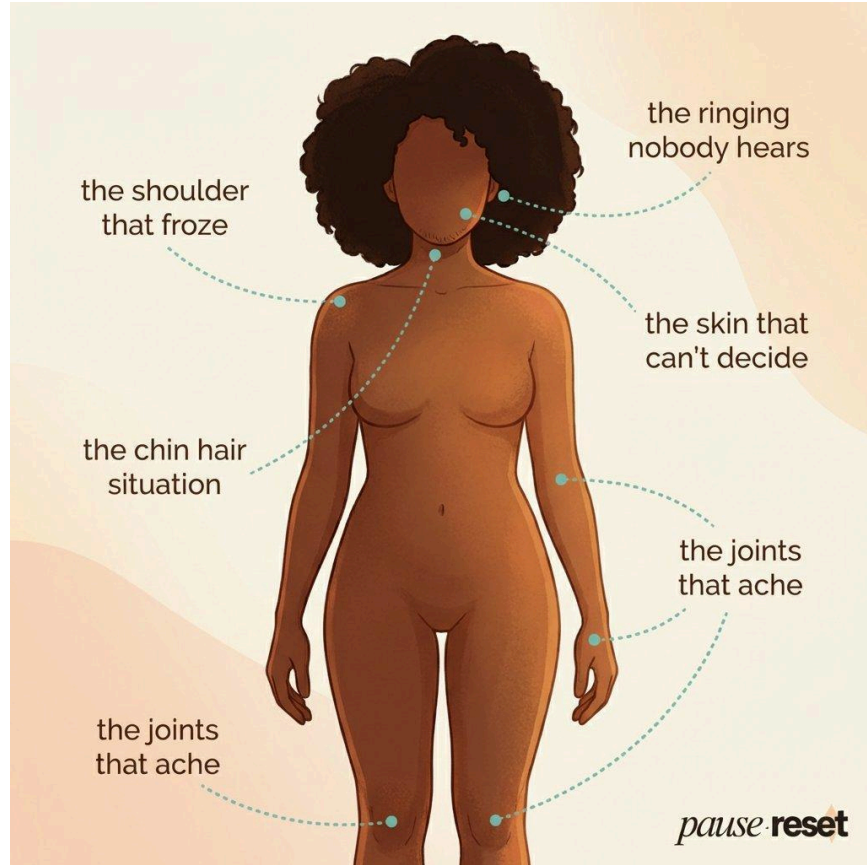
Your shoulder froze. Your skin is doing things it's never done. Your hair is thinning on top and thriving on your chin. Your joints ache. Your dentist found cavities for the first time in years. You're dizzy sometimes. Your ears ring. Your body odor changed overnight.

And you've been to how many specialists? Three? Four? Five? Each one looking at their ONE thing, running their ONE test, giving their ONE answer.

### **Nobody connected any of it.**

Here's the connection they missed: estrogen receptors exist in almost every tissue in your body. Your skin, your joints, your hair follicles, your inner ear, your mouth, your bladder, your heart, your blood vessels. When estrogen changes during perimenopause and menopause, EVERY tissue with receptors responds.

That's why it feels like your body is falling apart in nine different directions. It's not nine problems. It's one hormonal shift showing up in nine locations.



*"Every dot on this map is an estrogen receptor site. Every symptom traces back to the same hormonal shift."*

# The Changes – and Why They're Happening

Each of these is a tissue in your body that depends on estrogen to function normally. When estrogen shifts, so does the tissue. Here's what's actually going on:

## **The Joints That Ache**

Your shoulder capsule, your knees, your hands – they all have estrogen receptors in their joint lining. Estrogen maintains collagen, controls inflammation, and keeps your joints lubricated. When it drops, joints stiffen, ache, and can even freeze. Frozen shoulder at 47 isn't bad luck – it's hormonal.

## **The Hair Situation**

Hair thinning on your head while new hair appears on your chin. Sounds contradictory but it's actually the same mechanism – as estrogen drops, androgens become relatively more dominant. Androgens shrink scalp follicles (thinning) while activating facial follicles (hello, chin hair). Same hormonal shift, opposite effects in different locations.

## ✨ **The Skin That Can't Decide**

Acne AND dryness at the same time? That's the androgen-estrogen ratio shift. Androgens stimulate oil on your jawline (breakouts) while estrogen decline reduces moisture everywhere else (dryness, itching, sensitivity). Your skin isn't confused – two different hormonal drivers are affecting two different zones.

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## 👂 **The Ringing Nobody Hears**

Estrogen receptors exist in your inner ear – in the cochlea itself. Estrogen influences blood flow to the ear and how your brain processes sound. When it fluctuates, some women develop tinnitus that baffles every ENT they see. Because nobody thinks to connect the ringing in your ears to the hormones in your blood.

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## 🦷 **The Mouth That's Dry**

Estrogen receptors live in your salivary glands. When estrogen drops, saliva production decreases and its composition changes. Cavities accelerate. Gum sensitivity increases. Some women get burning tongue. Your dentist sees the damage but almost never asks about menopause.

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## **The Body Odor That Changed**

Your sweat composition literally changed – estrogen and progesterone influence the fatty acids in your apocrine sweat. Different sweat chemistry means different bacterial byproducts means different scent. You're not imagining it. The deodorant didn't stop working – the chemistry it's working against changed.

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## **The Dizziness That Comes and Goes**

Your vestibular system – the balance center in your inner ear – has estrogen receptors. When estrogen fluctuates, balance signals become less reliable. Add in blood pressure changes and nervous system reactivity, and you get episodes of lightheadedness or vertigo that your neurologist can't explain.

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## **The Breast Tenderness That Won't Quit**

Breast tissue has some of the highest concentrations of estrogen receptors in your body. During perimenopause, estrogen surges without progesterone to balance it – that's estrogen dominance. The result: breast pain, heaviness, sensitivity that breaks all the old rules. Both sides, constant, not just before your period.

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# The Math That Should Frustrate You

## The conventional approach:

- Shoulder froze? See an orthopedist.
- Skin problems? See a dermatologist.
- Hair thinning? See a trichologist.
- Ringing ears? See an ENT.
- Dental issues? See your dentist more often.
- Dizziness? See a neurologist.

**6 specialists. 6 copays. 6 separate diagnoses. Zero connections.**

## The Pause + Reset approach:

- ✓ 1 comprehensive hormonal evaluation
- ✓ 1 root cause identified
- ✓ 1 treatment plan
- ✓ Multiple symptoms resolving together

**Because when you address the hormonal foundation, the tissues that depend on it start recovering – across the board.**

*"Your body isn't falling apart. It's responding to one hormonal shift in every tissue that has receptors. Address the shift, and the tissues respond."*

### What we evaluate:

- ✓ Your full hormonal picture – estrogen, progesterone, testosterone, DHEA-S
- ✓ Thyroid function – Hashimoto's LOVES to surface during this transition
- ✓ Inflammation status – is silent inflammation amplifying every symptom?
- ✓ Nutrient levels – deficiencies that make tissue changes worse
- ✓ The connections between ALL of your symptoms – not each one in isolation

Learn more: [joint pain & perimenopause](#) | [hair loss](#) | [skin changes](#) | [all 36+ symptoms](#)

# Ready to See the Full Picture?

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



## Know someone whose body feels unrecognizable?

The friend with the frozen shoulder AND the chin hair AND the mysterious skin issues. The one who's been to four specialists and still doesn't have answers. Send her this.

### CURIOS ABOUT SYMPTOMS?

#### Take The Reset Read Quiz

Answer some questions about how you've been feeling and get an understanding about the pattern you're experiencing.

[Take The Free Quiz →](#)

Free · 3 minutes · No obligation

### READY TO TAKE ACTION?

#### \$169 visit with Dr. Nina

30 minutes. Your full picture. Labs reviewed. Options explained. Your questions answered by an expert who gets it.

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

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