

pause + **reset**



Your Cycle Is Talking

*What irregular periods are actually telling you
about your hormones right now*

by *pause* + **reset**
pausereset.com

Your Period Tracker Has Given Up on You

Remember when your cycle was predictable? Every 28 days. Maybe 30. You could set a watch to it. Your app knew. YOU knew.

Now? Your app has question marks where predictions used to be. And honestly – same.

Sound familiar?

- Your cycle went from 28 days to 21 days to 45 days to "who knows"
- Some months it skips entirely – then shows up with a vengeance
- The flow went from normal to flooding – clots, heavy days, soaking through everything
- PMS got worse in your 40s, not better (rage, bloating, breast tenderness for DAYS)
- You spot randomly between periods and don't know what counts anymore
- Your doctor said "this is normal" but it doesn't FEEL normal

What Your Cycle Is Actually Telling You

Every change in your period maps to a specific hormonal shift. Once you understand the translation, the chaos starts to make sense:

Shorter cycles (21-24 days)

Your ovaries are working faster to compensate for declining egg reserves. Estrogen spikes higher and earlier in the cycle. This often comes with worse PMS, heavier flow, and breast tenderness — because there's MORE estrogen hitting your tissues, not less.

Longer cycles or skipped months

You didn't ovulate that month. No ovulation means no progesterone. And no progesterone means the uterine lining keeps building without getting the signal to shed. When it finally does shed? It's heavy. Sometimes with clots. Sometimes lasting longer than usual.

Heavy flooding periods

This is usually estrogen dominance in action – estrogen building the lining without enough progesterone to regulate it. The lining gets thicker than it should. And when it finally releases, it's a LOT.

Soaking-through-everything a lot.

Random spotting between periods

Estrogen is fluctuating erratically – surging and dropping mid-cycle. Each drop can trigger a small amount of shedding. It's your body reacting to hormonal instability in real time.

PMS from hell (worse than it's ever been)

When progesterone is low relative to estrogen – which is common during perimenopause – the symptoms that progesterone used to keep in check become amplified. Breast tenderness, bloating, mood swings, irritability, crying – all of it gets louder when the balancing hormone is fading.



The term for most of this: estrogen dominance.

It doesn't mean you have too much estrogen overall. It means you have too much estrogen RELATIVE to progesterone. Progesterone drops first during perimenopause – sometimes years before estrogen declines. During that gap, estrogen runs unchecked. And your cycle is the first thing to show it.

Why This Matters Beyond Your Period

Cycle changes aren't just annoying. They're a window into what your entire hormonal system is doing. And estrogen dominance doesn't just affect your period – it drives symptoms across your whole body:

- Breast tenderness and fibrocystic changes
- Weight gain – especially around hips and thighs
- Mood swings and irritability that worsen before your period
- Sleep disruption (progesterone = your sleep hormone)
- Anxiety that didn't exist before
- Water retention and bloating
- Headaches and migraines timed to your cycle

If you're experiencing several of these alongside cycle chaos, that's not a coincidence. It's a hormonal pattern – and it's addressable.

What We Look At

Your cycle changes are DATA. We use them. Here's what we evaluate:

- ✓ Your hormonal ratio – is estrogen dominant relative to progesterone?
- ✓ Your ovulation status – are you still ovulating, and how consistently?
- ✓ Your thyroid function – thyroid changes amplify cycle irregularity
- ✓ Your estrogen metabolism – is your body clearing estrogen efficiently?
- ✓ The pattern over time – not just one snapshot, but the trajectory

What support often looks like:

For many women, progesterone support alone – replacing what the body stopped making – dramatically improves cycle regularity, reduces heavy bleeding, eases PMS, restores sleep, and calms the estrogen dominance pattern. It's the missing piece that makes everything else make sense.

Learn more: [irregular periods & perimenopause](#) | [estrogen dominance](#) | [progesterone therapy](#)

Ready to Decode Your Cycle?

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



Know someone whose cycle went rogue?

The friend whose period tracker has given up. The sister who's flooding through super tampons. The woman whose PMS got ten times worse in her 40s and nobody can tell her why. Send her this.

CURIOUS ABOUT US?

Free 10-Minute Call

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

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Free · 10 minutes · No obligation

READY TO UNDERSTAND YOURSELF?

\$69 visit with Dr. Nina

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

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