



DEPRESSION AND HORMONAL HEALTH

Changes in estrogen, progesterone, and testosterone levels directly affect serotonin neurotransmission and neuroinflammation in the brain. Sharp fluctuations or drops in hormone levels (such as those occurring during perimenopause, menopause, or chronic stress) dysregulate brain receptors, thereby reducing the sense of well-being and increasing vulnerability to depression and anxiety.

COMMON SYMPTOMS:

- Emotional lability, deep sadness, and depressive symptoms
- Anxiety, irritability, and lack of motivation
- Brain fog and difficulty concentrating
- Sleep disturbances, insomnia, and constant fatigue

**UNDERSTAND THE PHASES
OF TRANSITION AND
RESTORE YOUR VITALITY.**