



Restore Hormonal, Body & Pelvic Health during Menopause **2.0**

"You do not just wake up and become the butterfly.
Growth is a process."

- Rupī kaur



Notes:



Perimenopause & Chakras

Aligning Your Body, Mind & Hormones



Reflection & Self-Assessment: Take a moment to reflect on your health and energy balance. Check the boxes that resonate with you.

Crown Chakra (Spiritual Connection & Nervous System)

- ☐ I often feel mentally overstimulated and struggle to relax.
- ☐ My sleep is disrupted, affecting my ability to recharge.
- ☐ I experience heightened stress sensitivity or frequent anxiety.

Action Plan: One way I can calm my nervous system and connect with my higher self:

Third Eye Chakra (Cognitive Health & Intuition)

- ☐ I experience brain fog, forgetfulness, or difficulty focusing.
- ☐ I struggle with decision-making and trusting my instincts.
- ☐ My cognitive function is affected by poor sleep or stress.

Action Plan: A practice to sharpen my mental clarity:

Throat Chakra (Detoxification & Self-Expression)

- ☐ I feel blocked in expressing my emotions or needs.
- ☐ I experience frequent throat discomfort or thyroid imbalances.
- ☐ I suspect toxin buildup is affecting my hormone balance.

Action Plan: One way I can support detoxification and communicate more clearly:

Heart Chakra (Cardiovascular Health & Emotional Balance)

- ☐ I experience increased blood pressure, cholesterol issues, or heart palpitations.
- ☐ I feel emotionally overwhelmed, anxious, or disconnected from others.
- ☐ My body shows signs of inflammation, impacting heart health.

Action Plan: A way to nurture my heart and emotions:

Solar Plexus Chakra (Gut Health & Personal Power)

- ☐ I struggle with digestive issues like bloating, constipation, or inflammation.
- ☐ I often feel powerless or lack confidence in managing my health.
- ☐ My gut health seems to affect my mood and energy levels.

Action Plan: One step to strengthen my digestion and self-confidence:

Sacral Chakra (Hormonal Health & Creativity)

- ☐ I experience symptoms of hormonal imbalance like irregular cycles or PMS.
- ☐ I feel disconnected from my creativity, joy, or sense of pleasure.
- ☐ Blood sugar fluctuations or insulin resistance impact my energy and weight.

Action Plan: A self-care practice to support my hormones and creativity:

Root Chakra (Foundational Health, Stability & Grounding)

- ☐ My meals either nourish me or leave me feeling depleted.
- ☐ I struggle with maintaining consistency in eating, hydration, and movement.
- ☐ I feel disconnected from my body and ungrounded in daily life.

Action Plan: A grounding practice to support my body and stability:

Final Reflection

 **What's one key takeaway from today that you'll implement in your life?**

Thank you!



 (610) 447-4722

 www.philly-im.com

 info@philly-im.com

 175 Strafford Ave, Bldg 4, Suite 222, Wayne, PA 19087



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