



Your Free Starter Guide to Menopause Relief

Start Here:

For years, I learned. About supplements, symptoms, syncing with sunlight—how to turn self-care into a non-negotiable ritual.

I thought, I'll skip the worst of menopause.

Then came 52. Cue the hot flashes.

The belly fat, the vaginal dryness—
all peri-menopause symptoms I didn't
know were.

I refused to surrender. Not to doctors who
lacked real education about menopause.

Not to the “you're just getting older” platitudes.
And definitely not to losing myself in the process.

My guides are everything that has worked!

No gatekeeping. Just science
and the hard-won hacks I wish I'd had at 3AM
when I felt like a puddle. **xoxo Aundrea**

The 3 AM Wake-Up Hack

**Still waking up like
clockwork at 3AM?**

Why It Works:

Cortisol spikes tank estrogen and progesterone, keeping you awake

Fix:

Take 400mg magnesium glycinate
(gentle on the gut)

Box breathing (4-4-4-4) for 2 mins

THE 5-MIN RAGE RESET

*Snapped at your kids...
then cried in the laundry room?*

Why It Works:

Your body's stuck in fight-or-flight mode (thanks, hormones). Activating the vagus nerve—your built-in calm button—drops stress hormones fast.

Fix:

Hum "OM" 10 Times
(Like a sigh, but louder)

Vibrations quiet the brain's panic center

Splash Face with Ice Water
(No ice? Use cold tap water)

The 2-Minute Brain Fog Lifter

When your mind feels like mental quicksand

Why It Works:

Menopause tanks acetylcholine
(your focus hormone)

Fix One

Sip 8oz water + pinch of sea salt
(dehydration worsens fog)

Fix Two

Eat 2 hard-boiled eggs
(choline boosts acetylcholine FAST)

Pro Tip: Keep boiled eggs in
the fridge for 3 PM slumps

ESTROGEN SMOOTHIE RECIPE

*When your energy crashes harder
than a toddler's Lego tower*

Why It Works:

Flaxseed (phytoestrogens to
gently nudge balance)

Maca (adaptogens for stress resilience)

Berries (fiber + antioxidants to
cool inflammation)

1 cup unsweetened almond milk

½ cup frozen blueberries

1 tbsp ground flaxseed

1 tsp maca powder

Blend → sip → repeat daily

Your Doctor Missed These 3 Lab Tests

“Your labs are fine.” (No. They’re not)

Why It Works:

Basic labs reveal hidden
hormone triggers.

Tests to Request:

Vitamin D (goal: 60–80 ng/mL)

Fasting insulin (goal: <6)

TSH + Free T3 + Free T4

THE MOST OVERLOOKED SUPPLEMENT

Why It Works:

70% of women are deficient in this
anxiety-slashing mineral

Magnesium glycinate (400mg nightly)

Avoid oxide (it's useless)

Bonus Tip:

Add a pinch of sea salt to AM lemon
water → adrenal support.

You've Got the Starter Guide Now What?

You've Read 5 Hormone Fixes
(No More Guessing Games)

This is just the starter PDF. Want to
actually feel like yourself again?

Next Steps:

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whispering. Time to listen.