

**Title:**

Perimenopause/Menopause: From Chaos to Clarity

**Key Clinical Takeaways:**

1. Review the Endocrine System and the Hypothalamus-Pituitary-Adrenal-Thyroid-Gonadal (HPATG) Axis and how hormones play a role in the function of all systems that can lead to chronic conditions.
2. Understand adrenal dysregulation, stress response and sleep issues.
3. Review thyroid dysregulation, assessment, testing and treatment.
4. Understand dysregulation of sex hormones and estrogen metabolism as the cause of many hormonal issues
5. Learn how to utilize testing as a tool for more precise decision making.
6. Discover a lifestyle profile to promote optimal health and a balanced life
7. Identify how environments, nutrition and nutraceuticals are vital for healthy estrogen metabolism, prevention of breast cancer and overall hormone balance.

**Hour One:**

The HPATG Axis and how hormones play a role in the function of all systems.

**Hour Two:**

Implement protocols for managing Endocrine Dysregulation through lifestyle choices and nutraceuticals.