

HER SEASONS

Could This Be Perimenopause?

A compassionate quick-start guide to recognizing the changes your body may be asking you to notice.



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START HERE

Something Feels Different

Maybe you're waking up drenched in sweat. Maybe words disappear. Maybe you're exhausted, anxious, or simply don't feel like yourself.

You're not broken. Your body is changing, and it deserves curiosity, not judgment.

A FEW TRUTHS

Did You Know?

Changes may begin around age 35.

Symptoms can appear years before menopause.

You can still have regular periods.

Symptoms may come and go as hormones fluctuate.

Every woman's experience is different.

A WHOLE-BODY TRANSITION

Does Any of This Sound Familiar?

Brain & Mood: brain fog, anxiety, mood changes, difficulty concentrating.

Sleep & Energy: night sweats, fatigue, hot flashes, trouble staying asleep.

Body & Cycles: joint aches, dry or itchy skin, cycle changes, heart palpitations.

CLEAR AWAY THE CONFUSION

Perimenopause Does Not Mean...

You're too young.

Your periods must have stopped.

Every symptom is automatically hormonal.

You're doing something wrong.

You simply have to live with it.

KEEP IT SIMPLE

Three Things You Can Do This Week

1. Notice: Track symptoms, sleep, and cycle changes.
2. Nourish: Begin with a protein-rich breakfast and steady hydration.
3. Ask: Write down questions for your healthcare provider.

HER SEASONS

You Are Not Alone

Millions of women are navigating this season.

You are not broken. You are not imagining it. You deserve to be heard.



A NOTE FROM CHRISTINA

This Is Only the Beginning

I created Her Seasons because I know what it's like to wonder if you're imagining it.

You're not.

I hope this guide helped you feel a little less alone.

I'll be waiting in your inbox with more education, encouragement, and practical tools to help you understand your body.

Welcome to Her Seasons.

— Christina

