



THE MENOPAUSE ACTION PLAN WORKBOOK

WHAT'S YOUR MENOPAUSE MINDSET?

Beliefs about menopause and aging - (checklist here)

Beliefs about healing (mind-body connection)

Soul work completed or in progress

ARE YOU SUPPORTING YOUR HYPOTHALAMUS?

Genesis Gold

Sacred Seven

Both

WHAT I NEED FROM MY HEALTHCARE PROVIDER

Diagnosis

Hormone assessment

Bloodwork

FSH (day 3-5 if still menstruating)

LH (if menopausal)

Testosterone

DHEA-S, TSH, fT4, fT3 (rT3 if overweight or fatigue)

Lipid subparticle (fasting)

Prolactin (8-9am)

ANA (if autoimmune symptoms and not diagnosed)

Bone health

Dexa scan

Urine cross links

Breast health

Exam

Imaging (thermogram, mammogram, ultrasound)

Body Composition

Body fat

LBM