

A SABLE + SAND PROTOCOL

# The Perimenopause Protocol

Twelve weeks. Three phases.  
Built from the evidence.

*Researched. Practical. Honest.*

## SECTION 01

# Before you begin

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*Perimenopause does not decline politely in a straight line. It swings. The swings are the part you feel. The work is supporting the system through the swings, not waiting them out.*

## What this Protocol is

A twelve week plan in three phases. Foundation (weeks one to four): the lifestyle anchors and foundation supplements that steady the system through the swings. Recalibration (weeks five to eight): targeted supplement and lifestyle work layered onto a steadier baseline, matched to your dominant pattern. Sustain (weeks nine to twelve): build the routine that holds and plan how this evolves through the rest of the transition.

## Who it is for

Women in early to mid perimenopause: cycles shifting, sleep fragmenting, mood and energy patterns changing in ways that feel new. Late thirties through mid fifties. The cohort that has been told they are 'too young' for the conversation, or has been dismissed with a recommendation to come back when it gets worse.

## Who it is not for

Anyone who is firmly postmenopausal where the wider transition is settled, or whose dominant symptom is sleep alone (The Menopause Sleep Protocol is the deeper companion there). Pregnancy and breastfeeding are absolute contraindications for the herbal additions. Anyone on thyroid medication or in active autoimmune flare needs a clinician conversation before starting.

## What is included

The full Protocol PDF you are reading. A seven day quick start companion to begin tomorrow morning. A GP conversation letter ready to take to a consultation. A printable symptom tracker. Brand free supplement guidance with the doses the trials actually used.

## How long it takes

Twelve weeks. Most women notice the first shift inside week two (sleep depth, evening tension). The targeted phase two work compounds across weeks five to eight. The sustained changes settle in across phase three. The Protocol pairs well with HRT when that route is right; it stands on its own when it is not.

Read it once before you start. Then return to week one and follow the structure week by week.

## SECTION 02

## The science in one page

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*Oestrogen does not decline in a straight line. It swings, and the swings are the part you feel.*

Perimenopause is the run up to menopause, not menopause itself. It begins for most women in their late thirties or early forties and runs for anywhere from two to ten years. Periods do not just gradually stop. The cycles get shorter, then longer, then heavier, then lighter, in a sequence that feels random because it is. The hormones do the same. Oestrogen swings up and down at twice the amplitude of any previous decade. Progesterone falls earlier and faster than oestrogen. The ratio between them changes month to month.

The symptoms follow the swings, not a steady decline. Sleep that was fine for forty years gets fragmented. Mood becomes more reactive. The cycle that ran like clockwork starts arriving early or late. Hot flushes turn up in some women, never in others. Brain fog steals the word you were about to say. The skin loses its plumpness. The waist thickens slightly even when nothing about your eating has changed. Hair thins from the front of the scalp.

The trap is the standard story women hear: that perimenopause is decades away, that bloods will tell you definitively if you are in it (they will not, the hormones move too much), that the only intervention is HRT and the only question is whether you are old enough for it. That story leaves most women with a five to ten year stretch in which they feel different and are told they are imagining it.

That is what this Protocol does. Each of the twelve weeks adds one small intervention that supports the system through the swings. Sleep environment, blood sugar, magnesium, oestrogen friendly nutrition, ashwagandha, vitex if you are still cycling, vitamin D, strength work, the lab tests worth asking your GP for. None on its own is dramatic. Stacked over twelve weeks, they make the swings smaller and the symptoms quieter, with or without HRT.

The body has done this before. It knows how. The Protocol just gives it the support it needs through the years it takes.

WEEK 1 . PHASE 1

# Bedroom audit and the symptom baseline

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## This week

Build the sleep environment perimenopause sleep depends on. Score where you are starting from.

## What you do

- Set bedroom temperature to between sixteen and eighteen degrees centigrade. Cooler than you think.
- Block all light. Black out curtains, mask, no LEDs visible from the bed.
- Move every screen out of the bedroom. Charging happens in another room.
- Fill in the symptom tracker on the printable page. Score every line one to ten as you feel today. You will compare at weeks four, eight, and twelve.

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## Continued in the full Protocol

The full Protocol contains all twelve weeks plus the supplement card, lab tests, the printable symptom tracker, and the GP conversation letter. The seven day quick start sheet is included so you can begin tomorrow morning.

Available at [sableandsand.com/protocols/perimenopause-protocol](https://sableandsand.com/protocols/perimenopause-protocol). One payment of nineteen pounds. Lifetime updates included.