

Chapters 1 to 9

REMEMBER TRY THIS

1 The signs and the push

Remember: Severe period pain, heavy bleeding and constant exhaustion aren't normal. Neither is being called lazy or too much.

Try this: Write down every sign you were told was "just normal".

2 The crash

Remember: Exhaustion that sleep doesn't fix deserves answers. The first answer isn't always the right one.

Try this: Stop pushing through. If you're nodding off at the wheel, stop driving and get checked.

3 The videos that changed everything

Remember: It's all connected. Hormones and your ADHD brain affect each other, and perimenopause can start earlier than you think.

Try this: Ask friends who they see. The right practitioner is worth searching for.

4 What's actually going on

Remember: Oestrogen helps your brain use dopamine. When it drops, an ADHD brain takes a double hit. Moods and meds can change with your cycle.

Try this: Ask a menopause practitioner whether hormone therapy (MHT) is an option for you.

5 Be your own advocate

Remember: Over 45 with symptoms? You don't need a hormone blood test to be diagnosed. Notes and patterns get taken seriously.

Try this: Fill in the symptom tracker, then write your top three concerns before your appointment.

6 Food, and why I still have the damn biscuit

Remember: A high-protein, high-fibre breakfast is non-negotiable. Swap, don't cut. Eat enough, and read the label.

Try this: Prep a week of overnight oats or omelette jars in one go.

7 Sleep, and how I set up my house for it

Remember: Same bedtime and wake-up time every day, weekends too. When your body says sleep, listen.

Try this: Dim the lights a few hours before bed, and write every thought down before you sleep.

8 Movement, and building strength that lasts

Remember: Muscle and bone drop fast in perimenopause. Strength training helps protect both. The best exercise is the one you'll do.

Try this: Do squats while the kettle boils.

9 Supplements, and why I test instead of guess

Remember: Test, don't guess. Supplements support the basics, they don't replace them. More isn't always better.

Try this: Ask your practitioner to check your iron, vitamin D and thyroid.