

HUGH & GRACE

How to Peri

Everything you wish you'd known
sooner, and what actually helps

Your guide to peri, meno + beyond
Plus your 14-day Peri Start

TELL ME YOU'RE IN PERI WITHOUT TELLING ME YOU'RE IN PERI.

Things we never thought we'd say...

*“My husband doesn't know whether to
laugh, cry, or have me evaluated.”*

*“What the hell is
growing on my chin?”*

*“I found my protein shake
in my son's closet.”*

*“I've asked AI if I have early-onset
dementia so many times I'm worried it's
going to remember.”*

Sound familiar?

Welcome to the club.

Your husband's breathing is suddenly driving you crazy, you forgot your brother-in-law's name, and your jeans no longer fit.

You start questioning everything.

Am I stressed?

Getting older?

Losing my mind?

OR IS THIS PERIMENOPAUSE?

Welcome to HOW TO PERI, your practical guide to understanding what's happening to your body, what the science tells us, and what you can do to support your health through perimenopause, menopause, and beyond.

You'll also find our PERI Playbook and a 14-Day Peri Start to help turn what you learn into simple routines.

WAIT... WHERE AM I?

Reproductive years? Perimenopause? Menopause? Postmenopause?

One thing that surprised us on our Women's Health Tour was how many women weren't sure what stage of life they were in. Our Women's Health Assessment reinforced what we were hearing:

1 in 5

respondents ages 35–44 weren't sure what life stage they were in.

You can still have regular periods and be in perimenopause. You can be in your 4Os and get pregnant. Menopause doesn't happen at the same age for everyone.

HERE'S A BREAKDOWN.



● PERIMENOPAUSE

Perimenopause is the years leading up to menopause, when hormones, particularly estrogen and progesterone, can fluctuate unpredictably.

These hormones influence much more than your period, including sleep, mood, concentration, and bone health. That's why changes can show up in so many different ways.

HOW LONG WILL THIS LAST?

Perimenopause typically begins in your 4Os, although changes can start earlier. It often lasts several years, and sometimes a decade or longer.

Changes in your period are common, but sleep disturbances, mood changes, and difficulty concentrating can also be early clues.

ONE IMPORTANT THING TO REMEMBER:

You can still ovulate and get pregnant during perimenopause, even if your periods become unpredictable. Fertility declines with age, but pregnancy is still possible until menopause.



- **MENOPAUSE**

Menopause marks your final menstrual period. It's confirmed after 12 consecutive months without a period, assuming there's no other medical explanation and you're not using hormonal treatments that affect bleeding.

The average age in the U.S. is around 51, but everyone is different.

- **POSTMENOPAUSE**

Once you've reached menopause, you're postmenopausal for the rest of your life. Some symptoms may continue, and taking care of your bones, muscles, heart, and metabolic health becomes especially important for healthy aging.

Your age doesn't tell the whole story. Neither does your period.

If you're experiencing possible menopause-related changes before age 45, especially before 40, talk with your healthcare provider. Hormonal contraception, surgery, and certain medical conditions can also make menopause harder to identify.

Not every symptom is hormonal, so persistent or unusual changes deserve attention. Now that we've covered the basics, let's talk about what you can actually do.

Up next: Your PERI Playbook.

YOUR PERI PLAYBOOK

Less overwhelm. More knowing what to do.

Search for perimenopause advice and you can quickly end up with 47 open tabs, a shopping cart full of supplements, and a list of things you've apparently been doing wrong your entire life.

It doesn't need to be so complicated.

Meet PERI. Four simple steps to help you understand what's changing, figure out what matters, and build habits that support your health now and for years to come.

P

PAY ATTENTION

Notice what your body's telling you.

E

EVALUATE

Take a closer look at what you need and what you're already doing.

R

REPEAT

Build simple, science-informed routines you can stick with.

I

INVEST

Support the future you want to live.

NO COMPLICATED PROTOCOLS. NO PERFECTION.

PAY ATTENTION

What is your body telling you?

For many women, one of the first clues is simply not feeling like themselves.

Are you sleeping poorly, forgetting words, feeling more anxious, or noticing changes in your body you can't quite explain?

47%

of respondents identifying as perimenopausal described their health using words like frustrated, overwhelmed, dismissed, or alone. Nearly half.

WOMEN'S HEALTH ASSESSMENT

Not every change is hormonal, but noticing what's different is a good place to start.

START WITH THREE QUESTIONS

01

WHAT'S CHANGED?

Think about your sleep, periods, energy, focus, mood, digestion, and how your body feels.

02

WHEN DOES IT HAPPEN?

Around your period? After a bad night's sleep? When you're stressed?

03

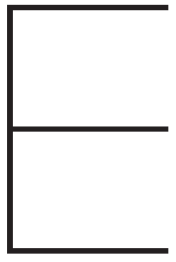
HOW MUCH IS IT AFFECTING YOUR LIFE?

There's a difference between occasionally forgetting a word and regularly struggling through your day because you haven't slept.

Look for patterns rather than focusing on every individual symptom.

Want a little help? Take Hugh & Grace's 2-Minute Women's Health Assessment to start exploring your health. The assessment is educational, not diagnostic. Persistent, unusual, or concerning symptoms deserve medical attention.

Your symptoms are information. Start noticing the patterns.



EVALUATE

Before you make changes, evaluate what you're already doing.

If there's one thing the wellness industry is really good at, it's convincing us we need more.

More supplements. More workouts. More things to buy.

But sometimes the smartest place to start isn't adding something new. It's taking a closer look at what we're already doing.

EVERYDAY CHOICES WE DON'T THINK ABOUT

A few years ago, I had a conversation with an environmental health expert who asked me to walk her through a typical day. Not my ideal wellness day. My actual day.

What I used in the shower. My skincare. What I ate. My supplements. Even how I made my coffee. When we got to our espresso machine, I realized I'd never considered the plastic the hot water passed through before reaching my coffee.

Not once. It made me wonder what else I was

doing every day without giving it a second thought.

That conversation changed how I looked at my routines. I didn't need to throw everything out or overhaul my life. I just started paying attention to the choices I was making on autopilot. Instead of asking, "What else should I be doing?" I started asking, "What am I already doing every day, and how can I make it better?"

I started asking,
*"What am I already doing every day, and
how can I make it better?"*

CAN SMALL CHANGES REALLY MAKE A DIFFERENCE?

Some chemicals found in products we use everyday can interfere with our hormone function. They're called endocrine-disrupting chemicals, or EDCs, and researchers continue to study how different exposures affect our health.

The good news? Certain exposures can be reduced through everyday product choices.

In the HERMOSA study, researchers asked 100 teenage girls to switch to personal care products selected to avoid certain potentially hormone-disrupting chemicals. After just

three days, urinary levels of several measured chemical biomarkers decreased by 27–45%, depending on the chemical.

The study measured exposure, not improvements in hormone health or symptoms. But it showed that changing everyday products can reduce exposure to certain chemicals quickly and meaningfully.

You don't need to replace everything you own. Start by taking a closer look at the products and habits you use most often.

EVALUATE YOUR REAL LIFE

Not your vacation life. Not your perfect day. Your actual life.

Take a closer look at four areas:

NUTRITION

Am I getting enough protein, fiber, and nutrient-rich foods?

MOVEMENT & RECOVERY

Am I building strength, moving regularly, and giving my body time to recover?

DAILY ROUTINES

Do I know why I'm taking my supplements? Are there everyday products or habits worth reconsidering?

SUPPORT

Do I have reliable information and people I can turn to when I have questions about my health?

R

REPEAT

Turns out, consistency is pretty powerful.

14

14 MORE YEARS
OF LIFE.

Two major Harvard-led studies found something pretty remarkable. Women who maintained five healthy lifestyle habits at age 50 were estimated to live 14 years longer than women who maintained none.

A follow-up study found that women who followed four or five healthy habits had approximately 10.7 more years free from major chronic diseases, including cancer, cardiovascular disease, and type 2 diabetes.

10.7

MORE YEARS FREE
OF MAJOR DISEASE.

The researchers looked at five factors: nutrition, physical activity, body weight, smoking, and alcohol. These were observational studies, not guarantees.

Living longer is great. Living better for longer? Even better.

The takeaway isn't that we need perfect habits. It's that the choices we repeat can make a meaningful difference over time.

Here's where I'd start.

Muscle Is Your Midlife Superpower

Strength > Small

67%

In our Women's Health Assessment, 67% of women identifying as perimenopausal said hormonal changes had affected their relationship with their body or their confidence more than any other area of life.

For decades, we were told to focus on being small. Eat less. Burn more. Fit into smaller jeans.

Somewhere along the way, we missed an important conversation about muscle. As we age, changes in hormones, activity, and nutrition can affect our muscle mass, strength, and body composition.

PROTEIN: YOUR MIDLIFE POWER MOVE

As we age, our muscles can become less responsive to the protein we eat. Scientists call this anabolic resistance. Getting enough protein and building strength becomes especially important for maintaining muscle as we get older.

Protein helps maintain muscle, supports recovery, and provides the amino acids our bodies need to repair and function.

HOW MUCH DO YOU NEED?

For many healthy, active midlife women, approximately 1.2–1.6 grams of protein per kilogram of body weight daily is a useful target. Individual needs vary.

Rather than trying to eat it all at dinner, include meaningful protein sources throughout the day. muscle you don't want to lose.

Muscle does much more than make us look strong. It helps our bodies use glucose, supports metabolic health, and keeps us active and independent as we age. The goal isn't just to weigh less. It's to stay strong enough to do the things you love for decades to come.

CREATINE: STRENGTH, ENERGY & THE BRAIN

Creatine is one of the most extensively studied supplements for exercise performance. It helps your muscles rapidly regenerate energy and can support strength, especially when combined with resistance training.

But here's something interesting: Your brain also uses creatine. Researchers are studying its potential benefits for memory, attention, and cognitive performance. Some results are promising, although the evidence is still emerging. Creatine hasn't been established as a treatment for perimenopausal brain fog. Unlike caffeine, creatine isn't a stimulant. It works by helping your body maintain creatine stores, not by giving you an immediate burst of energy.

What amount is commonly used? Research often uses 3–5 grams of creatine monohydrate daily. Check with your healthcare provider if you're unsure whether it's appropriate for you, particularly if you have kidney disease.

COLLAGEN: THE STRUCTURE BEHIND STRENGTH

Collagen is a structural protein found in our skin, tendons, ligaments, and cartilage. Collagen peptides provide amino acids, and some research suggests benefits for skin hydration and joint comfort. One thing worth knowing: Collagen isn't a complete protein. It's best considered a complement to high-quality protein sources, not a replacement for them. Provide amino acids, and some studies suggest potential benefits for skin and joint comfort.

PUT IT INTO PRACTICE

- Prioritize protein. Include protein at every meal. Try starting with 30 grams at breakfast.
- Build strength. Aim for resistance training at least twice a week.
- Make creatine part of your routine. One of the most researched supplements for muscle performance, creatine supports strength and training. Consider 3–5 grams of creatine monohydrate daily, if appropriate for you.

GUT HEALTH: SO MUCH MORE THAN DIGESTION

Your gut does much more than digest food. It's home to trillions of microorganisms that interact with your immune system, help process nutrients, and influence metabolic health.

During midlife, supporting your gut is an important part of supporting your overall health.

Your gut does much more than digest food. It's home to trillions of microorganisms that interact with your immune system and help process nutrients. If bloating, constipation, or unpredictable digestion sound familiar, here's where to start.

FIBER: THE FOUNDATION OF GUT & METABOLIC HEALTH

Fiber supports digestive regularity, healthy cholesterol and blood sugar levels, and the beneficial bacteria living in our gut.

Yet many women aren't getting enough.

A useful goal for women in their 30s and 40s is approximately 25 grams of fiber daily.

Berries, oats, beans, lentils, vegetables, nuts, and seeds are all great sources. Increase fiber gradually and drink enough fluids.

PREBIOTICS & PROBIOTICS: BETTER TOGETHER

Think of your gut as a garden.

Probiotics are beneficial live microorganisms that, when taken in adequate amounts, can provide health benefits. Prebiotics help nourish the beneficial bacteria already living in your gut.

You'll find prebiotics in foods like onions, garlic, bananas, and whole grains. Certain fermented foods and supplements provide probiotics.

Here's where it gets interesting for midlife: Your gut bacteria also play a role in how your body processes estrogen.

Researchers are exploring the relationship between the gut microbiome and hormonal changes during menopause. While the science is promising, we don't yet know whether probiotics can meaningfully improve perimenopausal symptoms.

Not all probiotics are created equal. Their benefits depend on the specific strains and what they're being used for.

PUT IT INTO PRACTICE

- Eat more fiber. Aim for around 25 grams daily, with a variety of plant foods.
- Feed your gut. Include prebiotic-rich foods and consider probiotics for specific, evidence-supported benefits.
- Stay hydrated and keep moving. Both support healthy digestion.

YOUR BONES HAVE ENTERED THEIR MAINTENANCE ERA

Your bones are changing, even if you can't feel it. Estrogen helps maintain bone density, and as estrogen declines around menopause, bone loss can accelerate—often without any noticeable symptoms. That's why bone health deserves your attention before there's a problem.

THREE ESSENTIALS WORTH PRIORITIZING

Calcium helps build and maintain strong bones.

Vitamin D helps your body absorb calcium.

Strength training and weight-bearing exercise help maintain bone health, muscle, and mobility.

A FEW MORE NUTRIENTS WORTH KNOWING

Magnesium supports muscle and nerve function, energy metabolism, and bone health.

CoQ10 plays an important role in cellular energy production, although supplementation hasn't been proven to relieve perimenopausal fatigue or brain fog.

Antioxidants help protect cells from oxidative stress. Colorful fruits, vegetables, and other plant foods are excellent sources.

PUT IT INTO PRACTICE

- Protect your bones. Get adequate calcium and vitamin D through food and supplements when needed.
- Build strength. Resistance training and weight-bearing movement support your muscles and bones.
- Ask about bone density. Talk with your healthcare provider about your fracture risk and whether bone density screening makes sense for you.

3:17 THE 3 A.M. CLUB

And other memberships we never signed up for.

Remember when going to bed meant actually sleeping?

Now you're awake at 3:17 a.m., mentally reviewing every mistake you made last week. Then you're suddenly too hot. Then too cold. Welcome to midlife.

Hormonal changes during perimenopause can

disrupt sleep, particularly when night sweats are involved. Stress, caffeine, alcohol, medications, and sleep disorders can also play a role.

Poor sleep affects more than your energy. It can impact your mood, concentration, and how you feel about everything the next day.

Here's something worth knowing: You don't have to accept constant exhaustion as part of getting older.

PUT IT INTO PRACTICE

- Protect your sleep. Keep a consistent schedule and make your bedroom cool, dark, and comfortable.
- Watch your caffeine and alcohol. Both can interfere with sleep.
- Make room for recovery. Regular movement, time outdoors, and stress-management habits can help.
- Know when to get help. If insomnia or night sweats are interfering with your life, talk with your healthcare provider. Effective options, including treatments for night sweats and cognitive behavioral therapy for insomnia, are available.

INVEST

Your future self has plans.

What if we started making choices today for the life we want to live in our 70s and 80s?

I wish I'd thought about that sooner.

When I was 35, I was living in Beverly Hills. On paper, my life looked pretty successful. But I wasn't happy.

Today, at 48, my family is traveling across North America in an RV. We're homeschooling our kids, exploring new places, meeting incredible women on our Women's Health Tour, and growing our business.

It's not the life I ever imagined we'd live. And I love it. I'm healthier, happier, and more confident than I was in my 20s and 30s. Life isn't perfect, but we're living our own definition of happiness and success.

One of the advantages of getting older is knowing yourself better, caring less about what other people think, and understanding what

really matters to you.

Recently, I looked at my seven-year-old daughter Grace and said, "Aren't our lives crazy?"

Her response? "Crazy amazing."

I laughed and replied, "We're definitely living."

She looked at me and asked, "Why wouldn't we live?"

That question stopped me. Why wouldn't we?

Perimenopause isn't just about navigating changes in our bodies. It's also an opportunity to think about the women we want to be 10, 20, or 30 years from now.

Everyone's definition of a great life is different. Maybe it's traveling, starting something new, spending more time with people you love, or simply having the strength and energy to do what makes you happy.

PICTURE YOURSELF AT 75

What do you want to be able to do? Where do you want to go?

Who do you want to spend time with?

What's one thing you can start doing today to support that future?

LIVING LONGER ISN'T THE GOAL. LIVING BETTER IS.

YOUR PERI START. YOUR WAY

Let's put what you've learned into practice.

We created the 14-Day Peri Start to help you build healthier habits without overhauling your life. Over the next two weeks, you'll focus on protein, strength, gut health, sleep, and everyday choices that support your health during midlife and beyond. One day. One manageable action. Real habits you can build on.

FIRST, LET'S GET YOU READY.

You've learned why certain nutrients and habits become especially important in midlife. Now let's make them part of your everyday life.

There are two ways to get started. Choose what works for you.

OPTION 1: THE HUGH & GRACE WAY

Two powders. One glass. Two capsules. Done.

We created Hugh & Grace to make supporting your health easier. We've brought together protein, creatine, prebiotic fiber, probiotics, vitamin D, and other selected nutrients into a simple morning routine.

No juggling a dozen bottles. No complicated preparation.

LONGEVITYCORE+

Muscle, Strength & Healthy Aging

Each scoop delivers:

- 10 g whey protein isolate - Complete protein to help maintain muscle.
- 10 g collagen peptides - Additional protein to support connective tissue nutrition.
- 5 g creatine monohydrate - A well-studied daily amount to support muscle strength and exercise performance, especially with resistance training.

That's 20 grams of total protein plus 5 grams of creatine in one scoop.

The collagen contributes to total protein but isn't a complete protein source.

HYDRATE + DETOX

Gut Health, Hydration & Daily Support

Each stick includes:

- FiberSmart® prebiotic fiber to nourish beneficial gut bacteria.
- DEIII® probiotics, a researched probiotic strain.
- Electrolytes to support fluid balance.
- Magnesium for normal muscle and nerve function.
- 100 mg Setria® glutathione, a compound involved in the body's antioxidant defenses.

A convenient way to incorporate gut-supporting ingredients and hydration into your morning.

Each stick provides approximately 1 gram of fiber, so you'll still want plenty of fiber-rich foods throughout the day.

MORNING SUPPLEMENT

Foundational Nutrition for Everyday Health

Two capsules provide:

- 2,000 IU vitamin D3 to support bone health and normal muscle function.
- 50 mg CoQ10, which plays a role in cellular energy production.
- Ginger, curcumin, milk thistle, cranberry, and other selected nutritional ingredients.

Thoughtfully selected nutrients to complement your daily nutrition.

YOUR MORNING ROUTINE

Mix: One scoop of LongevityCore+ and one stick of Hydrate + Detox in water.

Take: Two Morning Supplement capsules with food, as directed.

That's it.

This is how I start my morning, usually before coffee. It's simple, convenient, and easy to repeat—even when life gets busy.

*Hugh & Grace products complement a nutritious diet and healthy habits.
They aren't intended to replace meals, medical care, or individualized treatment.

OPTION 2: BUILD YOUR OWN

Your food. Your supplements. Your routine.
Already have products you love or prefer to start with food? Great.
Here's a simple shopping list built around the priorities we've covered.

YOUR PERI START SHOPPING LIST

PROTEIN

Support your muscles.

Stock up on eggs, Greek yogurt, cottage cheese, fish, chicken, tofu, or a protein powder you enjoy.

Your goal: Include meaningful protein at every meal. For many healthy, active midlife women, 1.2–1.6 grams per kilogram of body weight daily is a useful target.

CREATINE

Support strength and performance.

Look for plain creatine monohydrate.

Your goal: Consider 3–5 grams daily, if appropriate for you, alongside strength training.

FIBER + PREBIOTICS

Support your gut.

Choose berries, oats, beans, lentils, vegetables, nuts, seeds, and other fiber-rich foods.

Your goal: Around 25 grams of fiber daily is a useful starting point for women in their 30s and 40s. Needs vary with age.

BONE-SUPPORTING NUTRIENTS

Think long-term.

Include calcium-rich foods such as yogurt, milk, fortified plant beverages, and calcium-set tofu. Make sure you're getting adequate vitamin D.

Your goal: Meet your nutritional needs through food and targeted supplements when appropriate.

OTHER NUTRIENTS WORTH CONSIDERING

Depending on your diet and individual needs, you may also want to pay attention to magnesium, omega-3s, iron, and vitamin B12.

Probiotic supplements and collagen peptides are additional options based on your goals.

You don't need to buy everything. Start with what matters most for you.

YOUR PERI START PREP CHECKLIST

Before Day 1, take a few minutes to get ready.

-
- ☐ Choose your routine. Hugh & Grace or Build Your Own.
 -
 - ☐ Stock your protein. Have a few easy breakfasts and meals ready.
 -
 - ☐ Add fiber-rich foods. Think berries, oats, beans, vegetables, and seeds.
 -
 - ☐ Review your supplements.
Check what you're already taking and avoid unnecessary overlap.
 -
 - ☐ Plan your movement. Have walking shoes, weights, resistance bands, or a bodyweight routine ready.
 -
 - ☐ Choose your morning time. Make your wellness routine something you can repeat.
 -
 - ☐ Make room for recovery. Plan two strength-training days and give sleep some attention.
 -

READY? LET'S DO THIS.

Your 14-Day Peri Start begins now.

YOUR 14-DAY PERI START

Small steps. Real habits. A healthier you.

DAY

1

YOUR STARTING POINT

TODAY'S CHALLENGE:

- Choose two health priorities and start your morning routine.
- What would you most like to improve? Better sleep? More energy? Feeling stronger? Better digestion?
- Write down two priorities and keep them somewhere you'll see them.

START YOUR DAILY WELLNESS ROUTINE

- Choose the option you prepared for:
- Build Your Own: Follow your chosen nutrition and supplement routine, based on your needs.
- The Hugh & Grace Way: Mix one scoop of LongevityCore+ with one stick of Hydrate + Detox in water. Take two Morning Supplement capsules with food, as directed.
- I like making this part of my morning before coffee. It's an easy habit to remember.

YOUR GOAL:

Choose two priorities and start a routine you can repeat tomorrow.

- I chose my two health priorities.
- I completed my morning wellness routine.

DAY
2

PROTEIN FIRST

Your morning routine: Start your day with the wellness routine you chose on Day 1.

TODAY'S CHALLENGE:

- Eat at least 30g of high-quality protein at breakfast.
- Protein supports muscle maintenance, recovery, and healthy aging. Starting your day with a protein-rich breakfast can help you reach your daily goal.
- What does 30g look like?
 - 1 cup plain Greek yogurt + 2 eggs: approximately 32g
 - 1 cup cottage cheese + 1 egg: approximately 31g
 - 3 eggs + $\frac{3}{4}$ cup Greek yogurt: approximately 33g
 - A protein shake containing 30g of complete protein
- Protein amounts vary by brand and serving size.
- If you're using LongevityCore+, its 20g of total protein includes 10g of collagen, which isn't a complete protein. Pair it with other high-quality protein sources to help meet your breakfast goal.

YOUR GOAL:

- 30g of high-quality protein at breakfast. Try it again tomorrow.
 - I completed my morning wellness routine.
 - I completed today's protein challenge.

DAY
3

NOTICE YOUR PATTERNS

Your morning routine: Keep your chosen wellness routine going.

TODAY'S CHALLENGE:

- Spend two minutes checking in with your body, morning and evening.
- Perimenopause doesn't always announce itself clearly. Changes in sleep, mood, energy, and focus can seem unrelated until you start noticing patterns.

MAKE IT HAPPEN:

- Rate these four things from 1-10:
 - Sleep quality | Energy | Mood | Mental clarity
- Check in once in the morning and once in the evening. Use your phone, a journal, or a notebook.
- You're not trying to fix everything today. You're learning what your body is telling you.

YOUR GOAL:

- Two 2-minute check-ins.
 - I completed my morning wellness routine.
 - I completed today's check-ins.

STRONGER STARTS TODAY

Your morning routine: Start with your chosen wellness routine.

TODAY'S CHALLENGE:

- Complete 20 minutes of strength-building exercise.
- Muscle supports metabolic health, mobility, and the independence to keep doing what you love as you age.
- You don't need a gym membership to get started.
- Try this beginner-friendly workout:
 - 10 chair squats
 - 10 wall or counter push-ups
 - 10 glute bridges
 - 10 resistance-band rows
 - 10 calf raises
- Rest as needed and repeat the circuit as comfortably as you can, up to approximately 20 minutes. Modify exercises to your ability.
- Already strength training? Fantastic. Follow your usual workout.

YOUR GOAL:

- 20 minutes of strength-building movement, adjusted to your ability.
 - I completed my morning wellness routine.
 - I completed today's strength challenge.

YOUR GUT HAS ENTERED THE CHAT

Your morning routine: Keep your daily wellness routine going.

TODAY'S CHALLENGE:

- Work toward 25g of fiber today.
- Fiber supports digestion, blood sugar and cholesterol health, and the beneficial bacteria living in your gut.
- Here's how fiber adds up:
 - ½ cup raspberries: approximately 4g
 - ½ cup cooked lentils: approximately 8g
 - ½ avocado: approximately 5g
 - 1 tablespoon chia seeds: approximately 4g
 - 1 medium pear: approximately 5–6g
- You don't need to eat all of these. They're examples of how everyday foods can help you reach your goal.
- If you're not used to much fiber, increase gradually and drink enough fluids. If you're using Hydrate + Detox, count its fiber toward your daily total.

YOUR GOAL:

- Work toward 25g of fiber. Your gut will appreciate the attention.
 - I completed my morning wellness routine.
 - I worked toward today's fiber goal.

DAY
6

TAKE A STRESS BREAK

Your morning routine: Start your day with your chosen wellness routine.

TODAY'S CHALLENGE:

- Take two intentional 5-minute breaks today.
- Between work, family, relationships, and everything else we're managing, it's easy to go an entire day without stopping.
- Stress doesn't cause perimenopause, but it certainly doesn't make navigating it easier.
- Choose two moments to step away:
 - Walk outside without your phone.
 - Practice slow, relaxed breathing.
 - Sit somewhere quiet with a cup of tea.
 - Stretch or listen to your favorite song.
- The point isn't to become a meditation expert. It's to take 10 minutes for yourself.

YOUR GOAL:

- Two 5-minute breaks. That's 10 minutes just for you.
 - I completed my morning wellness routine.
 - I took my two stress breaks.

DAY
7

YOUR FIRST CHECK-IN

Your morning routine: Keep showing up for your chosen routine.

TODAY'S CHALLENGE:

- Spend 10 minutes reflecting on your first week.
- You've spent seven days paying more attention to your health and trying a few new habits.
- What's working?
- Ask yourself:
 1. What was the easiest habit to incorporate?
 2. What was the hardest?
 3. Have I noticed anything about my sleep, energy, mood, or digestion?
 4. Which two habits do I want to continue next week?
- You may not feel dramatically different after seven days. That's okay. Many meaningful health benefits take longer.

YOUR GOAL:

- Identify two habits worth keeping.
 - I completed my morning wellness routine.
 - I completed my first-week check-in.

WEEK TWO

DAY

8

MAKE IT AUTOMATIC

Your morning routine: Keep your chosen routine going. Today, make it even easier to remember.

TODAY'S CHALLENGE:

- Connect three healthy habits to things you already do.
- One of the easiest ways to remember a new habit is to attach it to something that's already part of your day.
- Try these habit connections:
 - Before morning coffee: Complete your wellness routine.
 - At breakfast: Include a meaningful source of protein.
 - After lunch: Take a 10-minute walk.
 - After brushing your teeth: Start your evening wind-down.
- Choose three that fit your life and put a reminder somewhere visible.

YOUR GOAL:

- Three habit connections you can repeat tomorrow.
 - I completed my morning wellness routine.
 - I connected three healthy habits to my day.

DAY
9

MUSCLE IS YOUR MIDLIFE SUPERPOWER

Your morning routine: Start with your chosen wellness routine.

TODAY'S CHALLENGE:

- Complete your second strength workout and choose one strength goal.
- Remember, the goal isn't just to get smaller. It's to get stronger.
- Repeat your Day 4 workout, use your favorite strength routine, or make an appropriate progression if you're ready.
- Then think about what you'd like your body to be able to do.
- Your 30-day strength goal might be:
 - Complete two strength workouts each week.
 - Progress from wall push-ups to counter push-ups.
 - Increase the resistance you're comfortably lifting.
 - Improve your balance or mobility.
 - Feel stronger carrying groceries, climbing stairs, or playing with your kids.
- Choose one goal and write it down.

YOUR GOAL:

- A second strength workout and one goal that has nothing to do with the scale.
 - I completed my morning wellness routine.
 - I completed my strength workout and chose my goal.

DAY
10

WALK IT OUT

Your morning routine: Keep your daily wellness routine going.

TODAY'S CHALLENGE:

- Take a 10-minute walk after two meals today.
- Short walks after eating can help reduce post-meal blood glucose spikes. They're also an easy way to add movement to your day.
- Make it happen:
 - Walk 10 minutes after breakfast.
 - Walk 10 minutes after lunch or dinner.
 - Head outside, explore your neighborhood, or walk indoors.
- Bring a friend, listen to a podcast, or make it family time.

YOUR GOAL:

- Two 10-minute walks. Small steps count.
 - I completed my morning wellness routine.
 - I completed my two walks.

DAY

11

THE 3 A.M. CLUB

Your morning routine: Continue your chosen wellness routine.

TODAY'S CHALLENGE:

- Give yourself a 30-minute wind-down before bed.
- Sleep can become unpredictable during perimenopause, especially when hormonal changes, stress, or night sweats interfere.
- A calming evening routine may help you prepare for rest, even when sleep doesn't always cooperate.
- For the last 30 minutes before bed:
 - Put your phone away or stop scrolling.
 - Dim the lights.
 - Read, stretch, listen to music, or take a warm shower.
 - Aim for a consistent sleep schedule that allows 7–9 hours of rest.
- If you wake up at 3 a.m., don't turn a difficult night into another reason to stress.
- Persistent insomnia or disruptive night sweats deserve medical attention. Effective treatments are available.

YOUR GOAL:

- Give yourself 30 minutes to wind down.
 - I completed my morning wellness routine.
 - I completed my evening wind-down.

DAY

12

MAKE ROOM FOR RECOVERY

Your morning routine: Keep your chosen routine going.

TODAY'S CHALLENGE:

- Give yourself 15 minutes of intentional recovery.
- We spend so much time talking about doing more. More exercise. More productivity. More responsibilities.
- Recovery deserves a place in the conversation, too.
- Choose one:
 - 15 minutes of gentle stretching or mobility.
 - 15 minutes of restorative yoga.
 - A relaxing walk at a comfortable pace.
 - 15 minutes of quiet time without a screen or another task.
- Make this time about feeling good, not burning calories or checking another box.

YOUR GOAL:

- 15 minutes to recharge. Recovery counts.
 - I completed my morning wellness routine.
 - I completed my recovery challenge.

KNOW YOUR OPTIONS

Your morning routine: Start your day with your chosen wellness routine.

TODAY'S CHALLENGE:

- Spend 10 minutes preparing to advocate for your health.
- There isn't one perfect approach to perimenopause.
- Nutrition, exercise, lifestyle habits, symptom management, and medical treatments can all play a role.
- Knowing your options helps you make informed decisions.
- Write down:
 1. Your top three health questions or concerns.
 2. Any symptoms affecting your daily life.
 3. One question you'd like to discuss with a qualified healthcare professional.
- If symptoms are persistent, disruptive, or concerning, don't wait until your next annual visit to ask for help.
- Menopausal hormone therapy and nonhormonal treatments may be appropriate options depending on your symptoms and medical history.

YOUR GOAL:

- Prepare three questions and know your next step.
 - I completed my morning wellness routine.
 - I prepared my health questions.

KEEP YOUR MOMENTUM

Your morning routine: Fourteen days of practicing consistency. Keep your chosen routine going.

TODAY'S CHALLENGE:

- Create your personal 30-day wellness plan.
- Over the last two weeks, you've explored protein, fiber, strength, sleep, movement, recovery, and ways to better understand your health.
- Now comes the important part: What will you keep doing?
- Choose four commitments for the next 30 days:
 - NOURISH: One daily nutrition habit, such as your protein-rich breakfast or wellness routine.
 - MOVE: One movement or strength habit you can maintain.
 - RECHARGE: One sleep, stress, or recovery habit.
 - SUPPORT: One action that helps you stay informed, connected, or proactive about your health.
- Write them down. Make them realistic and give yourself permission to adjust as you learn.

YOUR GOAL:

- Four commitments for the next 30 days.
 - I completed my morning wellness routine.
 - I created my 30-day wellness plan.
- Your future self has plans. Keep showing up for her.

YOUR 14-DAY PERI START TRACKER

Keep it somewhere you'll see it. Check off each day as you go.

DAY	TODAY'S FOCUS	DONE
1	Choose your priorities and start your routine	☐
2	Eat 30g of protein at breakfast	☐
3	Complete two body check-ins	☐
4	Complete 20 minutes of strength training	☐
5	Work toward 25g of fiber	☐
6	Take two 5-minute stress breaks	☐
7	Complete your first-week reflection	☐
8	Connect three habits to your day	☐
9	Strength train and choose a 30-day goal	☐
10	Walk 10 minutes after two meals	☐
11	Complete a 30-minute bedtime wind-down	☐
12	Take 15 minutes for recovery	☐
13	Prepare three health questions	☐
14	Create your 30-day wellness plan	☐

YOUR 14-DAY PERI START TRACKER

THE HABIT I MOST WANT TO KEEP

ONE THING I LEARNED ABOUT MYSELF

YOUR PRIME ISN'T AN AGE.
Keep going.

THIS IS JUST THE BEGINNING.

If there's one thing I hope you take away from How to Peri, it's that getting older doesn't mean your best years are behind you.

I'm 48, and I'm healthier, happier, and more confident than I was in my 20s and 30s. I wish I'd understood sooner how much our everyday choices can influence our future health.

That doesn't mean we can control everything. But there's a lot we can do, and we don't have to figure it all out alone.

WHY WE CREATED HOW TO PERI

Over the past several months, we've traveled to more than 20 cities across North America on our Women's Health Tour, listening to women share their experiences with hormone health.

One thing I heard again and again:

"I wish I'd understood perimenopause earlier and

known what to do about it."

That's why we created How to Peri.

We wanted to make women's health easier to understand, with credible information, practical guidance, and a little humor along the way.

My hope is that you'll keep asking questions, stay curious, and make your health a priority while enjoying the life you're working so hard to stay healthy for.

Share this guide with a friend. Start a conversation. Keep learning.

Every woman has a health story. What will you do with yours?

With love,

Sara Jensen

Co-Founder & Co-CEO, Hugh & Grace

*"I wish I'd understood perimenopause earlier
and known what to do about it."*

THE RESEARCH BEHIND HOW TO PERI

Because good information matters.

We created How to Peri using peer-reviewed research, established health guidelines, and insights from women who participated in our Women's Health Tour and Assessment. Here are some of the key resources that informed this guide.

HEALTHY AGING & MENOPAUSE

Healthy Lifestyle & Life Expectancy

Li Y, et al. (2018). Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population. *Circulation*.

[Read the study](#)

Healthy Lifestyle & Disease-Free Life Expectancy

Li Y, et al. (2020). Healthy lifestyle and life expectancy free of cancer, cardiovascular disease, and type 2 diabetes. *The BMJ*.

[Read the study](#)

Both studies reported associations between lifestyle habits and life expectancy, not guaranteed individual outcomes.

Managing Menopause Symptoms

The North American Menopause Society (2023). The 2023 Nonhormone Therapy Position Statement.

[Read the position statement](#)

PROTEIN, STRENGTH & CREATINE

Nutrition & Women's Health

International Society of Sports Nutrition (2023).

Position Stand: Nutritional Concerns of the Female Athlete.

[Read the position statement](#)

Creatine & Muscle Performance

Kreider RB, et al. (2017). ISSN Position Stand: Safety and Efficacy of Creatine Supplementation in Exercise, Sport, and Medicine.

[Read the review](#)

Creatine & Cognitive Function

Xu C, et al. (2024). The Effects of Creatine Supplementation on Cognitive Function in Adults: A Systematic Review and Meta-Analysis.

[Read the study](#)

Cognitive benefits remain under investigation.

Creatine has not been established as a treatment for perimenopausal brain fog.

Strength Training & Physical Activity

Centers for Disease Control and Prevention. Adult Physical Activity Guidelines.

[Explore the guidelines](#)

GUT HEALTH & FOUNDATIONAL NUTRITION

Calcium, Vitamin D & Magnesium

National Institutes of Health, Office of Dietary Supplements.

Calcium | Vitamin D | Magnesium

Dietary Fiber

National Academies. Dietary Reference Intakes.

[Explore the reference tables](#)

Probiotics & Digestive Health

NIH National Center for Complementary and Integrative Health. 5 Things to Know About Probiotics.

[Read the guidance](#)

EVERYDAY PRODUCTS & ENVIRONMENTAL EXPOSURES

The HERMOSA Intervention Study

Harley KG, et al. (2016). Reducing Phthalate, Paraben, and Phenol Exposure from Personal Care Products in Adolescent Girls.

Environmental Health Perspectives.

[Read the study](#)

This study measured reductions in certain chemical-exposure biomarkers following product changes. It did not establish improvements in perimenopausal symptoms or long-term health outcomes.

ABOUT OUR WOMEN'S HEALTH ASSESSMENT

Our Women's Health Assessment gathered self-reported insights from women between July and October 2026.

Our analysis included 1,312 assessment responses, including 456 from women who identified as perimenopausal.

Participants voluntarily shared their experiences. These findings are not representative of all women and should not be interpreted as population-wide prevalence estimates.

Conversations from our Women's Health Tour also helped shape this guide. Personal stories and quotations reflect individual experiences.

A NOTE ABOUT YOUR HEALTH

How to Peri is intended for general education and is not a substitute for individualized medical advice, diagnosis, or treatment.

Perimenopause experiences and nutritional needs vary. Persistent or disruptive symptoms, including heavy bleeding, significant mood changes, or sleep disturbances, deserve appropriate medical attention.

Supplements may not be appropriate for everyone and can interact with medications. Research on individual nutrients does not establish that any particular finished product treats perimenopause or produces the same clinical outcomes.

Always consider your individual health needs and consult a qualified healthcare professional when appropriate.

MY 14-DAY PERI START

Small habits. Repeated daily.

☐ Follow my chosen nutrition / supplement routine

☐ Eat protein-rich meals

☐ Include fiber-rich foods

☐ Move my body

☐ Support my sleep

Track your 14 days

DAY 1 ☐	DAY 2 ☐	DAY 3 ☐	DAY 4 ☐	DAY 5 ☐	DAY 6 ☐	DAY 7 ☐
DAY 8 ☐	DAY 9 ☐	DAY 10 ☐	DAY 11 ☐	DAY 12 ☐	DAY 13 ☐	DAY 14 ☐

Mark a day when you've made an effort toward your routine. Progress, not perfection.

HUGH & GRACE

How to Peri

FOR MORE INFORMATION VISIT: HUGHANDGRACE.COM