

Balanced Transition

Navigating Perimenopause with Functional Medicine,
Chinese Medicine, and Lifestyle Strategies

WORKSHEET

Welcome to the course! Please complete this worksheet throughout the course if you'd like to receive PDA credits when you complete the course.

When you've completed the course, quiz and this worksheet, please send an email to claire@zendenslo.com with your license and NCCAOM numbers to receive your certificate.

1. List three symptoms of perimenopause you have experienced (or are curious about):

2. What are two ways gut health affects hormone balance?

3. Name one functional medicine strategy to support adrenal health:



4. How does Yin-Yang theory relate to perimenopause?

5. Identify one acupuncture point that can help with perimenopause symptoms and its benefit:

Point: _____

Benefit: _____

6. Name three foods that support hormonal balance:



7. What is one strategy for stabilizing blood sugar levels?

8. What type of exercise is beneficial for bone and muscle strength during perimenopause?

9. Write down one mindfulness or stress-reduction technique you want to try:

10. What is one habit or practice from this course that you will integrate into your daily life?



11. How will you track your progress over time?

Do you have any feedback about the course? Let us know about your experience!

