

5 signs
YOU MIGHT BE IN
PERIMENOPAUSE



A guide to know if you
are in your perimenopause
and how to manage its symptoms

DIET SHAALA BY ANKITA

Understanding Perimenopause — A New Chapter, Not the End

As women, we gracefully juggle multiple roles of a caregiver, professional, wife, mother, daughter. But somewhere between 35 and 50 our body begins writing a new story quietly, gradually, yet significantly. This transition is called perimenopause.



Symptoms

- Irregular periods
- Mood swings or anxiety
- Sudden weight gain
- Fatigue, disturbed sleep
- Hair fall and skin issues

Perimenopause is the natural phase leading up to menopause, when your body starts producing less estrogen, the key hormone responsible for your menstrual cycle, mood, metabolism, and much more. It can begin as early as your mid 30s, though most women start noticing changes in their 40s.



Why does this happen?

Because your ovaries begin to slow down their function. Hence the hormones estrogen and progesterone are produced lesser than normal. It's the body's natural preparation to stop menstruation altogether (menopause), but the road to it. Perimenopause can be bumpy if not understood well..

But here's the good news:

☞ With small dietary and lifestyle changes, you can manage these changes beautifully.

☞ You can prevent unnecessary weight gain, protect your bone health, stabilize your moods, and most importantly feel like yourself again.

At Diet Shaala, we believe this phase should be celebrated, not feared. All you need is the right awareness, a bit of support, and some warm, comforting meals that work with your hormones, not against them. This short guide will help you identify whether you're going through perimenopause, and what you can start doing about it — today.



What to do about these signs?

1. Irregular periods

Your cycle may shorten, lengthen, or become unpredictable. This is often one of the earliest signs. Try maintaining a period tracker. Begin focusing on a more regular lifestyle with calming foods and herbal teas like chamomile

2. Unexpected Weight gain

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3. Mood swings and irritability

Low estrogen can affect mood-regulating chemicals. Practice stress-reducing habits like deep breathing, journaling or simple meditation. Avoid caffeine in the second half of the day.

4. Sleep Disturbances

You may struggle to fall asleep or wake up feeling tired. Warm milk with nutmeg, early dinner, and a screen-free wind-down routine can help improve sleep quality.

5. Hair Fall / Skin Changes

You may notice thinning hair or dry, dull skin. This is due to reduced collagen and hormonal shifts. Eat healthy fats (like nuts and seeds), stay hydrated, and get good quality sleep.

🌿 About the Author

Ankita Bajaj, MSc DFSM

Clinical Nutritionist | Hormonal Health
& Weight Management Coach
Founder – Diet Shaala

With over 10 years of experience helping 10,000+ women transform their health, I specialize in helping women above 35 manage hormonal changes, weight gain, fatigue, mood swings, and more — using pure vegetarian, Indian home-cooked meals and science-backed methods.

At Diet Shaala, we focus on:

- ✓ Simple food habits
- ✓ Practical lifestyle tips
- ✓ Women-friendly routines
- ✓ Supportive group & personal programs



💬 Ready to Take Control of Your Hormonal Health?

🌟 If this guide resonated with you, it's time to stop struggling alone and start getting expert help — customised for YOU..

👉 DM or WhatsApp me "Perimenopause Help" to get details of my upcoming programs, plans, or to just talk!



➡️ Click to WhatsApp Me

👉 Follow me on Instagram for more daily tips, reels, and expert insights

🌟 @diet_shaala

Let's make this next chapter your healthiest one yet.

You deserve it. ❤️

Thank you!



dietshaalabyankita@gmail.com

www.dietshaala.com