

It Might Be Menopause!

The Smart Woman's Toolkit

Understand changes in your
body and what to do to fix it!

Charlie
R.E.I.D

www.thejoyofmenopause.com

How to Best Use This Guide

If you're anything like the women I work with—fatigued, frazzled, and fed up—you want clear, proven steps to help you feel like yourself again. This guide is designed to walk you through practical, science-backed strategies that support hormone balance, sustainable weight loss, and radiant energy in perimenopause and beyond.

Follow these steps for the best results:

STEP 1: Read through the entire guide first.

Start by reading each section so you understand the why behind each strategy in The Menopause CPR Method. Awareness is power, and your body deserves your attention.

STEP 2: Join the Free Facebook Group – Joy of Menopause

This is where the support happens. Inside the group, you'll find weekly Office Hours with Charlie, live Q&As, myth-busting menopause education, and a community of women who get it. [Click here to join now!](#)

STEP 3: Identify where you are from the quiz

Your symptoms are mild, moderate or severe. That is where you start. Even just 10 minutes a day of intentional action can help shift your hormones, your energy, and your mindset. Schedule it like you would a meeting with yourself.

STEP 4: Celebrate small wins.

Hormone balance and body love aren't overnight fixes. But they are possible when you track progress, celebrate consistency, and show yourself the same grace you give others. Choose one goal at a time, symptoms, nutrition, wellcare or movement. And get started.

STEP 5: Ask for help.

You don't have to figure this all out alone. If you're ready to finally feel healthy, lean, and gorgeous from the inside out—with expert support tailored to your perimenopausal needs—then **it's time for the Menopause CPR Method. Our signature program!**

If something in this guide resonated with you, whether it's a hormone struggle you've been silently dealing with or a desire to finally feel confident and energized again, I'd love to hear from you.

You can email me directly at charlie@thecharliereid.com with your questions or thoughts. I will respond!

About Me



P. Charlie Reid, MPH, CHHC, AADP
Founder, The Joy of Menopause

Hey beautiful!

I am so happy you are took the **"It Might Be Menopause Quiz."**

I'm Charlie, your women's menopause, hormone and nutrition coach. I work with women just like you who are struggling through the changes to their bodies, energy, sleep, weight and more during the perimenopause transition. I help them to achieve a healthy, lean, gorgeous body and fall in love with who they are becoming.

You see, perimenopause is a pivotal transition that every woman experiences, typically occurring in her 40s, averaging between 42 and 52 years of age. With this toolkit, **you can confidently pinpoint your symptoms and take decisive action.**

I've walked in your shoes. In my 40s, I transformed from being vibrant, a size 6, feeling and looking fantastic, and living my best life in the heart of New York City, to being overwhelmed with a barrage of symptoms that landed me in the emergency room, desperately seeking answers from my doctors.

They diagnosed me with menopause. "Is it a disease?" I asked? My doctors' approach screamed yes, but my intuition fiercely disagreed. It wasn't until I embraced the undeniable truth that perimenopause is a natural transition over time, involving a steady decline and imbalance of hormones, leading to an array of over 34 symptoms that impact us women, from weight gain to brain fog to hair loss.

That's when I created the **Menopause CPR Method**, my **3-phase system** that will help you to **clean up, prepare and replenish** your body and soul. So you look and feel like a "million bucks," as one of my clients puts it. Get ready to bounce back, feel incredible, and finally understand how to get results you love and work with your body, not against it.

Start with the results from your quiz, and use this **Smart Woman's Toolkit—where you can uncover which symptoms are showing up for you and what they're trying to tell you.** You'll also get simple, powerful steps you can start applying right now.

Want more support? Join my free Facebook Group, The Joy of Menopause, where I go live weekly with real talk, science-backed solutions, and answers to your biggest questions.

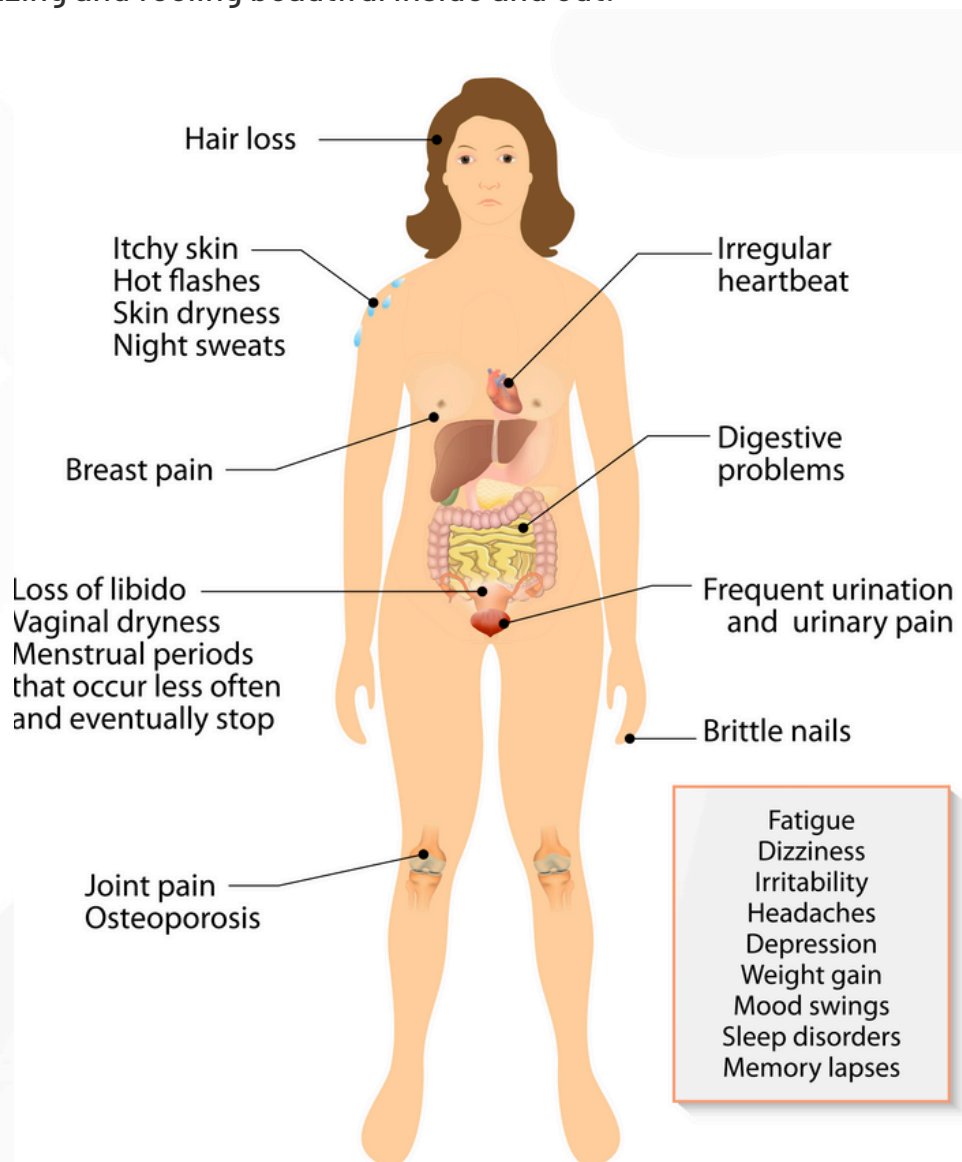
I can't wait to help you reclaim your energy, your joy, and for you to look good doing it!

With love and appreciation,

Charlie

How Menopause Symptoms Show Up In Your Body

Menopause is natural, but the symptoms are not. They are a signal that your body is out of hormonal balance. This imbalance is exacerbated by lifestyle habits including stress, poor diet, lack of exercise, smoking, alcohol, over use of pharmaceuticals. 25% of how your body looks and feels after 40 is controlled by your genes, and 75% is controlled by your lifestyle habits. That's awesome news, because menopause is not the end of looking amazing and feeling beautiful inside and out.



Graphic Source; Photographer-Illustrator Vector Artist - Design- 2018

If symptoms are affecting your quality of life, it's time to do something about it. Go through this empowerment toolkit to find out how you can help yourself feel better.

Source

B Jeffrey S. Bland, PhD—The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer and Happier Life. Integr Med (Encinitas) | 2014 Oct;13(5):52-56.

Mild Symptoms - What To Look Out For

If you checked off 0-4 symptoms and they are "MILD".

It's time to watch & learn. And a great time to get to know your body better.

- If your symptoms are few at this time, such as hot flashes or headaches, or mood swings, it's a good time to get serious about monitoring how your body is changing. And how you care for it.
- Get serious about key factors that play a role in hormone health and balance. including how you eat/nutrition, women's well care, tracking symptoms, and whether you exercise or move your body regularly.

"What You Can Do Next" CHECKLIST

<input checked="" type="checkbox"/> Symptoms	Start to Track Your Symptoms	<ul style="list-style-type: none">• Use the Menopause Symptom Checklist in the back of this document and keep it handy• Start the habit of tracking your symptoms at the start & end of the week for next 4 weeks to get a baseline to measure. Share results with your health practitioner they love it when you take charge of your own health.
<input checked="" type="checkbox"/> Wellness-Medical Care	Schedule a separate visit to Your OB-GYN to talk about peri+menopause & any concerns	<p>Many women ask if a menopause specialist is necessary. No, but they are extremely helpful.</p> <ul style="list-style-type: none">• Do you have a good relationship with your OB-GYN? Use them. An internist or GP will treat your menopause like a disease. A menopause specialist will be more knowledgeable.• You can go to the North American Menopause Society to find a qualified practitioner- www.menopause.org
<input checked="" type="checkbox"/> Nutrition	Start paying attention to what you eat	<ul style="list-style-type: none">• 30% of women in menopause have fewer symptoms with a healthy diet that includes hormone-balancing foods• Lean, high-quality protein, fruits and vegetables, complex carbs, phytoestrogens, organic pasture-raised eggs, and probiotic-rich foods are a must. Protein, good fats, fiber• Join our community to get hormone-balanced meal plans and recipes. Go to www.thejoyofmenopause.com
<input checked="" type="checkbox"/> Movement	If you do regular exercise, keep it moving. If not its a good time to start	<ul style="list-style-type: none">• Hate exercise. Pick something you love and stick with it.• Start Walking It's the best exercise for your bones, your heart, and your mind.• Go easy in the gym, too much excessive exercise increases cortisol which messes with other hormones

Moderate Symptoms What To Look Out For

If you have 3-6 symptoms, Moderate hormone imbalance can be real for you.

- It's likely your symptoms are related to the hormone imbalance that comes with the menopause transition. And it may be time to make some changes.
- It's a good time to watch how your body is changing and keep track of your symptoms more frequently. But, to also investigate. If you work on making yourself and your hormone health a priority. You will have an easier time transitioning through menopause later.

"What You Can Do Next" CHECKLIST:

<input checked="" type="checkbox"/> Symptoms	Track your symptoms	<ul style="list-style-type: none">• Use the Menopause Symptom Checklist in the back of this document and keep it handy and share the results with your health care provider - they love it when you take charge of your health• Are you experiencing any type of pain during your periods or any unusual symptoms such as prolonged monthly bleeding, cramping, clotting, or any physical symptom get help from with your doctor or health care practitioner.
<input checked="" type="checkbox"/> Wellnes-Medical Care	You Need a Game Plan - Time to Set Baseline of Health for You	<ul style="list-style-type: none">• When was the last time you got a complete physical?<ul style="list-style-type: none">◦ Get all the tests -complete labs, bone density scan, mammogram, ovarian sonogram? Blood work for cholesterol, heart markers, thyroid., mammogram, etc..◦ Schedule a complete physical to get a BASELINE of health with your current health care parcitioner or get a menopause specific practitioner◦ Get a specialist- go to the North American Menopause Society to find a quallified practitioner in your area
<input checked="" type="checkbox"/> Nutrition	Focus on what you eat - the power of food to bring relief to menopause symptoms is real	<ul style="list-style-type: none">• 30% of women in menopause have less symptoms with a healthy diet that includes hormone balancing foods• Clean up your plate to eat for hormone balance? Lean, high quality protein, fruits and vegetables, complex carbs, phytoestrogens, organic pasture raised eggs, probiotic rich foods are a must.• Join our community to get hormone balanced meal plans . and recipes - www.thejoyofmenopause.com
<input checked="" type="checkbox"/> Movement	Keep It Up	<ul style="list-style-type: none">• Hate exercise. Pick something you love and stick with it.• Aerobic exercise like walking & swimming, my favorites build strength, and endurance and stamina & light weights• Pick a sport you love and start playing it will cover a lot of basis, aerobics, strength, & you will have a ton of fun.

Severe Symptoms What To Look Out For

Six or more symptoms its extremely likely they are related to menopause transition - Get Help

- You are experiencing a myriad of complaints that are starting to affect the quality of your life and its clear my dearest one that you need help.
- It's time to seek help. Know that you are not alone. And, you don't need to suffer in silence. It's clear you are enduring more stress than is necessary and are in need of support. Its time to establish a plan to get everything back on track.

"What You Can Do Next" CHECKLIST:

<input checked="" type="checkbox"/> Symptoms	Seek Help	<ul style="list-style-type: none">• Tracking your symptoms regularly - over 4 weeks using the Menopause Symptom tracker in the back of this document & take results to your health practitioner - helps you and them see patterns in your triggers• Immediately schedule a visit with your OB-GYN or if you don't have one, your primary care doctor will do for now.
<input checked="" type="checkbox"/> Wellness-Medical Care	Get a Game Plan	<ul style="list-style-type: none">• Use your doctor or get a menopause specialist if you feel you need one - Get a whole body well checkup - schedule all tests - mammogram, blood work, ovarian sonogram, bone density, any relevant lab work.• Need support now - Contact me to get help www.thejoyofmenopause.com for a Get Clarity Get Results Strategy session<ul style="list-style-type: none">◦ I will help you to lay out a plan for what to do next.◦ Go to www.thejoyofmenopause.com to sign up
<input checked="" type="checkbox"/> Nutrition	Get real about eating for hormone support	<ul style="list-style-type: none">• Starting today: Reduce or cut out sugar, caffeine, alcohol, processed foods, simple carbs. Eating these all make your symptoms worse• Clean up your plate - lean, high quality protein, fruits and vegetables, complex carbs, phytoestrogens, organic pasture raised eggs, probiotic rich foods are a must.• Join our community to get hormone balanced meal plans www.thejoyofmenopause.com
<input checked="" type="checkbox"/> Movement	Don't Stop	<ul style="list-style-type: none">• Reduce Stress - incorporate one yoga or , breath work or meditation• Just move even if you don't feel like it - your mood, and your body will thank you. Walking, swimming, biking or do what you love• Your risk of osteoporosis, heart attack and diabetes skyrockets once your hormones start to decline. Movement is key to reducing these markers

Additional Tools:

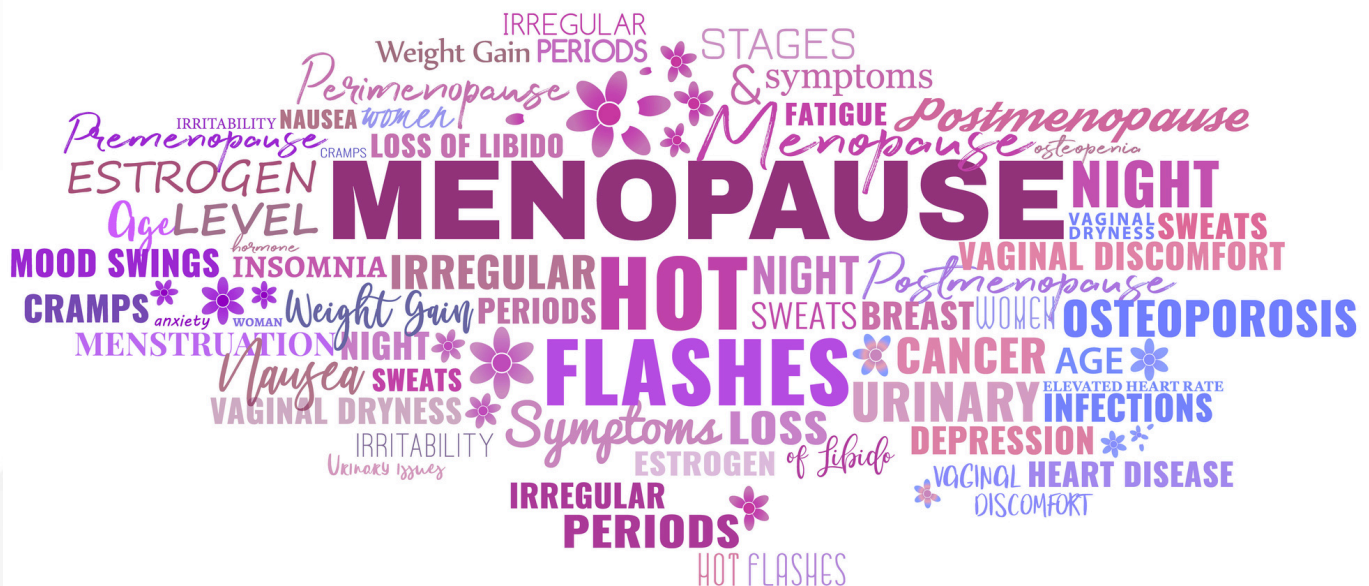
How many symptoms are there?

The menopause transition can be a confusing and overwhelming season of a woman's life. Many changes will take place in a woman's body leading up to the 12 months of official menopause.

85% of women, according to the National Institutes of Health, who go through menopause report experiencing symptoms.*

Each day in America:

- 6,000 women enter into some stage of peri+menopause- or menopause or post menopause
- Currently, in 2024, there are 75 million women in menopause
- 85% of that number experience some degree of symptoms that interfere with quality of life
- The length of time symptoms last depends and is different for every woman, but on average, they last from 7-13 years
- Symptoms include the following:



Data Source: The North American Society of Menopause - www.menopause.org
Graphic Source; Photographer-Illustrator Vector Artist - newannyart@gmail.com
 Source

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These statements have not been evaluated by the Food and Drug Administration.
This quiz is not intended to diagnose treat, cure or prevent any disease.
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Menopause Symptom Checklist

There is so much going on inside your body during the menopause transition that it's hard to keep track of. I created this checklist to help you feel more prepared when you go for your visits with your menopause health care provider or your regular OB-GYN or internist. Make multiple copies, and I suggest you track symptoms for 2 to 4 weeks to help you recognize triggers and how your symptoms show up.

Name _____ Age _____ Date: _____

Here are my top 3 concerns problems or symptoms noticed recently

1. _____

2. _____

3. _____

Symptom	Not at all	A little bit	Quite a bit	Extremely
Hot flushes (feeling waves of heat)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweating at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble sleeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muscle and joint pains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart beating quickly or strongly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brain fog (difficulty concentrating)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forgetfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Less sexual desire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry vagina (causing painful sex)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Itchy skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tiredness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wee (urinary) problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irregular periods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood changes (feeling unhappy or irritable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Any other issues bothering you? E.g. weight changes				

CONGRATULATIONS!

You've Taken the First Step!

Now Let's Keep the Momentum Going

Beautiful Girlfriend!

I'm incredibly proud of you for taking this step!

You've started a meaningful journey toward understanding your body, reclaiming your energy, and turning your perimenopause experience into one where you get into the best health, and shape of your life. So that you are empowered vs. confused.

Remember: You're not broken. Your body is evolving. With the right support, the right steps and accountability, you can feel vibrant, healthy, and confident again—on your own terms.

Let's Recap Your Next Best Steps:

- ✓ Track your symptoms using the checklist provided
- ✓ Pick one small action from the toolkit to start using today
- ✓ Get support—you don't have to figure this out alone!

Need Help or Have Questions?

I've got your back! It's tough out there when you have so much information and options coming at you. No matter where you are, I want you to know, you don't have to tough it out by yourself.

Come and say hi! On our facebook group: the Joy of menopause. A judgment-free space where you can get real talk and real answers for where you are! I've walked this path, I've supported hundreds of women through it, and I'm here to walk alongside you, too.

📧 Email me anytime: charlie@thecharliereid.com

I read every message. And I respond, because you deserve answers. You deserve support. And you deserve to feel like yourself again.

 [linkedin.com/in/pcharlieharrisreid/](https://www.linkedin.com/in/pcharlieharrisreid/)  [facebook.com/thecharliereid](https://www.facebook.com/thecharliereid)  [@charlie_joyofmenopause](https://www.instagram.com/charlie_joyofmenopause)