

WELLNESS WITH GINA



IS IT PERIMENOPAUSE?

Take the Quiz and Find Out

Check all that apply!

- Anxiousness
- Bladder leakage
- Bleeding gums
- Brain fog
- Brittle nails
- Digestive discomfort
- Discomfort during sex
- Easily overwhelmed
- Feeling tired

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This information is not intended to diagnose or prescribe treatment. The information provided is for educational purposes only and does not take the place of medical advice.

- Food cravings
- Headaches
- Hot flashes
- Irregular periods
- Irritability
- Joint discomfort
- Loss of breast fullness
- Low libido
- Mood swings
- Night sweats
- PMS
- Sleep difficulties
- Thinning hair or hair loss
- Vaginal dryness
- Weight gain

Analyze Your Results

If you checked:

- ✓ **1-2 boxes:** You may be starting perimenopause. This refers to the 2 -5 years preceding menopause. You should adopt a healthy lifestyle and learn how to manage symptoms.
- ✓ **3-5 boxes:** You may be feeling signs related to perimenopause. If you are uncertain, consult your doctor and ask to be tested. You should adopt a healthy lifestyle and learn how to manage symptoms.
- ✓ **6 + boxes:** You may be feeling severe signs that can be helped. Consult your doctor immediately to confirm these signs are related to perimenopause or another condition. Ask your doctor to test your sex hormones, stress hormones and thyroid hormones.

This quiz is not intended to diagnose. The intent of this quiz is to raise awareness of perimenopause, so you can be informed and empowered.

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Who is behind the perimenopause quiz?



I'm Gina Ramirez, a Certified Health Coach and Licensed Professional Counselor. I know this time of life can make you feel like you're going crazy! Mood swings, anxiety, hair loss, and fatigue can make you feel like your body is betraying you. We've been told that uncomfortable symptoms are just a normal part of "being a woman." While many of these signs are common, they are not necessarily normal (even during transition).

You can take control of your hormone health! I've got you covered. With community and accountability, you'll stay motivated and focused on a healthy lifestyle; bringing your body back into hormone balance. The Wellness With Gina Community is ready to support, encourage, and cheer you on towards your next health goal!

Check out these three resources...

1. Join the [90 Day Refresh Program](#). Ready to join a group of working women who are motivating each other toward a healthy lifestyle? The 90 Day Refresh Program is a great place to

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find support, education on your wellness goals, and guidance from me! Three Zoom calls a month plus hormone health, and the Mind - Body - Behavior Pillars for success.

2. Check out my free [Resource Library](#). It allows you to search different health related topics that support your unique goals. If you struggle to stay on track, check out my #2 resources.

3. Check out the free [Aligned Life Bootcamp](#) where I break down exactly how to squeeze more time out of your day. Just because you haven't met your health goals in the past doesn't mean you can't give them another go. We just need to find you more time in your day!