

Midlife Hormone Reset & Energy Starter Kit

By: Dr. Robert Scott, DC

For Women 40–60 Who Are “Doing Everything Right” But Still Feel Exhausted, Foggy, or Stuck

Chiropractic Sports Physician & Functional Medicine Specialist
Scott Chiropractic Associates - Long Grove, IL

If you're in your 40s or 50s and feel like your body changed overnight, you're not alone.

Many women I see are eating well, staying active, and still struggling with fatigue, brain fog, weight gain, and disrupted sleep.

This Starter Kit will help you connect your symptoms to your hormones and show you a few simple steps you can take this week.

Is This Really “Just Aging” ...Or Is Something Off?

You've probably heard it more than once:

“That's just getting older.”

“Welcome to menopause.”

But deep down, you know it's more than that.

I work with women 40-60 who are doing their best - juggling work, family, relationships, and trying to stay healthy. Still, they're dealing with:

- Crashing energy by mid-afternoon
- Sudden weight gain (especially around the belly)
- Mood swings or anxiety that “came out of nowhere”
- Night sweats, hot flashes, and poor sleep
- Brain fog and trouble focusing

These are common - but they're **not** something you just have to live with.

Perimenopause and menopause involve real changes in hormones, metabolism, and inflammation. The good news? When we look at the *root causes* and support your body the right way, you can feel clear, steady, and strong again.

Start by seeing where you are right now with this simple symptom check-in.

Midlife Hormone & Energy Checklist

Check all that apply to you in the last 2-3 months.

Energy & Fatigue

- I wake up tired, even after a “full” night of sleep
- I rely on caffeine to get through the morning
- I hit a wall in the afternoon and feel like I could nap
- Exercise that used to feel good now wipes me out

Mood & Brain

- I feel more irritable or anxious than I used to
- I notice mood swings that don't feel like “me”
- I struggle with focus or short-term memory
- I feel less motivated or “flat” compared to a few years ago

Sleep & Temperature

- I wake up at 2-3am and have trouble falling back asleep
- I have night sweats or hot flashes
- I toss and turn, or my sleep feels light and restless

I wake up feeling unrefreshed most days

Weight & Metabolism

I've gained 5-15+ pounds in the last few years without changing much

My clothes fit tighter around my belly, hips, or thighs

The things that used to work (diet, workouts) don't work anymore

I feel puffy or bloated more often than not

Pain, Recovery & Digestion

I feel more joint stiffness or aches when I wake up

I take longer to recover from workouts or busy days

I notice more bloating, constipation, or digestive upset

I feel "inflamed" or swollen at times

If you checked:

- **0–5 boxes:** You're noticing changes, but you may still be early in the process.
- **6–12 boxes:** Your hormones, metabolism, and stress system are likely out of balance.
- **13+ boxes:** Your body is asking for help. A deeper, root-cause evaluation can be a game changer.

On the next page, you'll see 3 simple shifts you can try over the next 7 days.

3 Simple Shifts for the Next 7 Days

You don't have to overhaul your entire life to start feeling better. These small, targeted changes can gently support hormones, energy, and inflammation.

1. Build a “Midlife-Friendly” Plate

Goal: Support blood sugar, hormones, and energy with each meal.

For the next 7 days, aim for:

- **Protein first:**
Include a source of protein at every meal (eggs, poultry, fish, grass-fed meat, Greek yogurt, tofu, etc.). Aim for **20–30g of protein** per meal if possible.
- **Fiber & color:**
Add $\frac{1}{2}$ **plate of non-starchy vegetables** (leafy greens, broccoli, peppers, etc.).
- **Smarter carbs:**
When you include starch (rice, potatoes, quinoa, etc.), keep it to a smaller portion and pair it with protein and fiber.
- **Hydration:**
Aim for at least **6–8 glasses of water** daily; more if you're active.

One simple rule to remember:

Protein & plants first, carbs as a side.

2. Move in a Way That Protects Your Muscles

Goal: Protect muscle, joints, and metabolism through perimenopause and menopause.

For the next 7 days:

- Aim for a **daily walk** - even 10-20 minutes helps circulation, mood, and insulin sensitivity.
- Include **2-3 short strength sessions** this week (bodyweight, bands, or light weights):
Focus on big movements like squats, hinges, pushes, and pulls.
- If you already exercise hard, notice if you feel **wiped out vs. energized** afterward. That can be a clue your recovery and hormones need support.

Quick phrase:

Walk most days. Lift something every other day. Don't crush yourself every day.

3. Create a Simple Nighttime Wind-Down

Goal: Improve sleep quality and reduce night-time cortisol spikes.

For the next 7 nights:

- **Set a “screens off” time:** 30–60 minutes before bed, no scrolling.
- Swap screens for something calming: light reading, gentle stretching, prayer, journaling, or breathing exercises.
- Keep the bedroom as dark, cool, and quiet as possible.
- If you wake at 2–3am:
Avoid checking the clock. Try slow breathing in through your nose for 4 seconds, out for 6–8 seconds.

These three areas—food, movement, and sleep—are often where we see the fastest wins when we address hormones and inflammation.

If you try these for a week and still feel stuck, it’s a sign your body may need more targeted, root-cause support.

What Your Symptoms Are Telling You (And What to Do Next)

If you saw yourself in this kit—checked several boxes on the checklist, and feel like your body isn’t responding the way it used to—you’re not broken, and you’re not alone.

This is often a sign that hormones, blood sugar, stress response, gut health, and inflammation are all playing a role. Instead of guessing, we can test and build a plan that fits *your* body and your life.

Step 1 - Use This Kit

- Keep your checklist and notes from the last 7 days.
- Highlight your top 3 symptoms that bother you most.

Step 2 - Schedule a Midlife Hormone & Energy Review

I offer a limited number of **Midlife Hormone & Energy Review** visits each month for women 40-60 who are ready to stop guessing and start seeing a path forward.

In this visit, we will:

- Review your **symptoms and health history**
- Identify the **top 1-2 root-cause areas** we need to explore (hormones, metabolism, gut, stress, etc.)
- Outline your **next best steps**, which may include personalized labs and a focused functional medicine plan

What to do next?

Call: Dr Scott at **847-821-3700** and ask for a “**Midlife Hormone & Energy Review**”

You don't have to accept “this is just how it is now.”

With the right information and a clear plan, many women in midlife feel stronger, clearer, and more confident than they did in their 30s.

If you're ready for that, I'd be honored to help.

– *Dr. Robert Scott*