35+ & You Don't Feel Like Yourself Anymore

Worried about early perimenopause? A short guide to noticing the signals, understanding the bigger picture, and preparing your body for the years ahead.

> "Why am I suddenly feeling so different?"

You may still be in your 30s or early 40s, yet your body may no longer respond the way it used to. You may be more tired, more reactive, less resilient—or simply feel that something has changed.

1. The "I Don't Feel Like Myself" Checklist

One symptom does not diagnose perimenopause. But a cluster of new symptoms deserves attention rather than dismissal. Perimenopause can involve menstrual, sleep, mood, sexual, metabolic and musculoskeletal changes, and every woman experiences the transition differently.

- More PMS, shorter/longer or changing cycles
- Sleep that is lighter, broken or less refreshing
- Fatigue, reduced recovery or feeling "wired but tired"
- Mood swings, irritability, anxiety or emotional sensitivity
- Brain fog or reduced concentration
- Changes in body composition despite doing "the same things"
- Dry or less supple skin, hair changes or vaginal dryness
- Lower libido or feeling less connected to your sexuality
- New aches, joint discomfort or a sense of physical depletion

2. Why Can This Happen?

First: hormonal transition.

Hormonal patterns can begin to fluctuate during the years before menopause, and symptoms can appear before periods stop. That is why a woman can feel "different" even when she is still menstruating.

Second: life today is demanding.

Chronic stress, inadequate sleep, constant stimulation, caregiving, sedentary time and insufficient recovery can add to overall symptom burden. The modern woman is often asking her body to perform continuously—with very little recovery.

Third: more is not always better.

Strength training and adequate protein support healthy ageing. But training load, nutrition and recovery need to be individualised. Excessive training relative to recovery, or overly restrictive/unbalanced nutrition, can undermine wellbeing. The goal is not to fear exercise or protein—it is to stop assuming one prescription works for every woman.

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4. What Should You Start Thinking About Now?

- Protect sleep and recovery—not just productivity
- Build strength without turning exercise into another source of stress
- Support bone, muscle and metabolic health

You can prepare your body, support healthy ageing, recognise perimenopause earlier, and work toward a transition with fewer avoidable burdens.

Your Next Step

If you are 35+ and worried that your body is changing too soon—or you simply don't feel like yourself anymore—join me for a focused masterclass on understanding what may be happening and what you can start doing now.

Perimenopause Masterclass

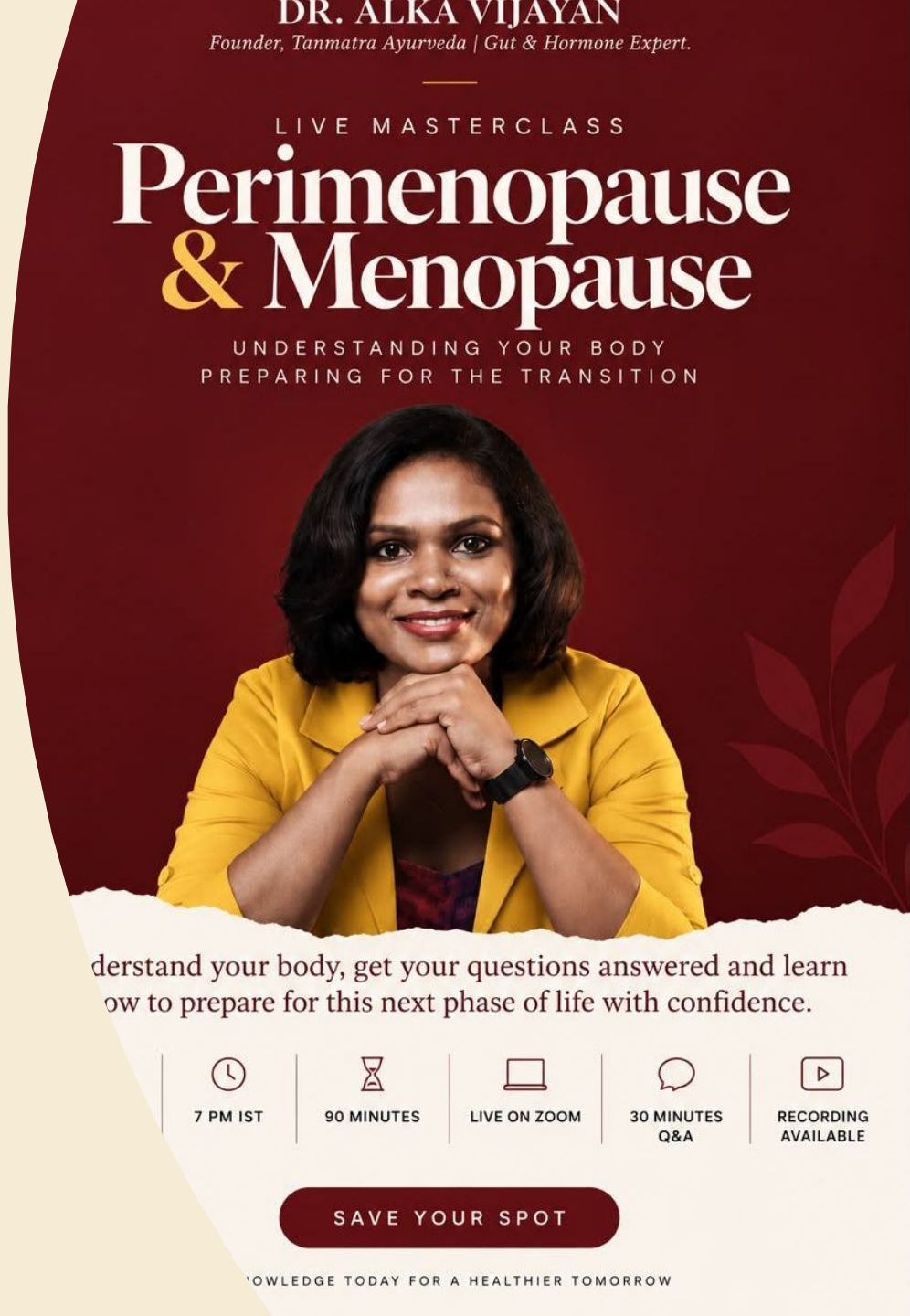
November 4 • 7 PM IST

90-minute focused session + Q&A; Understand the transition.

Meet Your Host

Dr Alka Vijayan

Dr Alka Vijayan has spent over 10 years working with women navigating gut and hormonal issues, helping them make sense of what their bodies are telling them.

Join her on November 4 at 7 PM IST for a 90-minute focused session + Q&A to understand the transition.

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