



"Why do I feel so different?"

You may be doing what you have always done—and yet your sleep, mood, energy, periods, body composition or sense of wellbeing may be changing.

Look for clusters such as:

**cycle changes • night waking
• fatigue • brain fog**

**irritability/anxiety •
increased dryness • reduced
libido**

changing body composition • new aches or joint discomfort

These symptoms can have many causes. They are not, by themselves, proof of perimenopause. But they are worth paying attention to—especially when several changes appear together.

Perimenopause is a transition, not just "the year before menopause"

Hormonal patterns can fluctuate during the transition, and different women can experience very different symptoms.

The important question is not simply "Which hormone is low?" but "What is changing in my body, and what else is influencing how I experience it?"

Perimenopause Masterclass • November 4





HRT or Shatavari? Which one is better?

HRT may be the right option for some women, but also comes with whole lot of complications including chances for breast carcinoma. Again, Shatavari may support some women - and may not be enough for those with inflammation.

The real answer isn't "HRT or herbs."

It's "What is right for *me*?"

Because your hormonal transition deserves more than a one-size-fits-all prescription or an over-the-counter solution.

Don't just chase each symptom

- Don't dismiss everything as "just ageing."
- Don't assume every new symptom is menopause.
- Don't treat every symptom as an isolated problem.
- Don't rely on a single supplement to solve a complex transition.
- Do learn to connect the dots—and know when medical assessment is appropriate.

YOUR NEXT STEP

If you are already noticing changes, you deserve more than a collection of quick fixes. In the Perimenopause Masterclass, we will bring the pieces together: what is happening, why symptoms vary, how lifestyle and whole-body health fit in, and how to approach this transition thoughtfully.

DR. ALKA VIJAYAN

Founder, Tanmatra Ayurveda | Gut & Hormone Expert.

LIVE MASTERCLASS

Perimenopause
& Menopause

UNDERSTANDING YOUR BODY
PREPARING FOR THE TRANSITION



Understand your body, get your questions answered and learn how to prepare for this next phase of life with confidence.



7 NOV 2026
SATURDAY



7 PM IST



90 MINUTES



LIVE ON ZOOM



30 MINUTES
Q&A



RECORDING
AVAILABLE

SAVE YOUR SPOT

KNOWLEDGE TODAY FOR A HEALTHIER TOMORROW