SUSAN EARL FUNCTIONAL HEALTH | PROGRAM OVERVIEW

Hormonal Transitions

An eight week teaching and coaching program for women moving through hormonal change at any age. Education, not medical care.

Program	**Eight weeks, four sessions and a wrap**

> This is a transition, not a disease. Nothing has gone wrong with you. What has gone wrong is that nobody explained it properly, and that is fixable in eight weeks.

Who this is for

Women between roughly thirty five and sixty five who have been told everything looks fine and are not convinced. You may be in perimenopause with irregular cycles and a list of symptoms nobody has connected. You may be through menopause and wondering why sleep, weight and focus still do not feel like yours. You may be younger than you expected to be in this conversation, or older and still struggling.

What you have in common is not a diagnosis. It is a set of real symptoms, a history of short appointments, and enough curiosity to want to understand rather than simply be told.

- You want the why, not just a list of instructions.
- You are willing to change small things and keep them.
- You want to walk into your provider's office prepared rather than hopeful.

Who this is not for

- Anyone looking for a diagnosis, a prescription, or someone to manage a medical condition. That is your provider's work, and this is not a substitute for it.
- Anyone who wants a specific recommendation for or against hormone therapy. I do not give one, on principle, because that decision depends on your history and belongs with your provider.
- Anyone looking for a supplement protocol, a product, or a quick fix.
- Anyone in an acute situation. If something has changed suddenly or you are unwell, call your provider, not a coaching program.

The shape of the eight weeks

Four sessions of about an hour, on weeks one, three, five and seven, plus a short wrap at week eight. Two weeks between sessions on purpose: long enough to try something, short enough to keep momentum. Between sessions you get check in emails and you can reply to them.

The four session themes

Session	What we cover
One Week 1	**Mapping your hormonal picture.** What is actually changing, the vocabulary in plain words, the difference between perimenopause, menopause and postmenopause, and your own pattern so far.
Two Week 3	**Sleep, energy and the nervous system.** Why sleep breaks here, what a hot flash and a night sweat actually are, the stress hormone connection, and the habits that help.

Three Week 5	**Metabolic and cardiovascular shifts.** Why weight redistributes, why blood sugar and lipids move, why blood pressure creeps, why bone loss accelerates, and why this decade matters for a woman's heart.
Four Week 7	**Cognition, mood, and the provider conversation.** Brain fog and mood explained, then how to prepare for the appointment about options, what to ask, and how to bring your own data.
Wrap Week 8	A short session to finish your written plan and your questions.

What is included

- Four 60 minute sessions with Susan, plus the week eight wrap.
- Check in emails between sessions, answered personally.
- The eight week client workbook, with a fill-in page for each session.
- The eight week symptom tracker, designed to hand to your provider.
- The provider conversation sheet, to take into the appointment.
- A welcome letter before you start.
- A written plan at the end that you built, not one you were handed.

What this is. Teaching and coaching. Susan Earl is a registered nurse with forty three years in cardiology and emergency nursing, and the founder of The Fatigue Clinic. She explains what is happening, helps you build habits that fit your life, and prepares you for the medical conversation. She does not diagnose, does not prescribe, does not order or interpret labs for treatment, and does not advise for or against any treatment.

The price. $899, paid in full by credit card at booking. There is no payment plan. If you would like to talk it through before deciding, book a free five minute clarity call and we will work out whether this is the right fit.

Susan Earl, RN, founder of The Fatigue Clinic, forty three years in cardiology and emergency nursing. Susan Earl Functional Health is an online health coaching and education practice. Coaching and education only, not medical care, diagnosis, treatment, or prescribing.