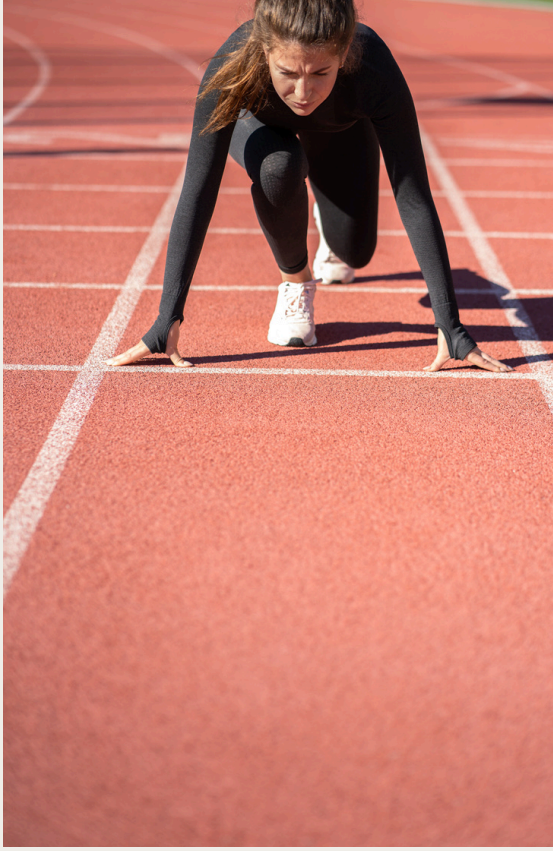
PERIMENOPAUSE METABOLISM RESET

Bloodwork Blueprint

This guide gives you a clear understanding of the lab markers that create the fullest picture of what's happening in your body



Audre
BY KELSEY ALE NTP



HOW TO USE THIS GUIDE

Think of this guide as your roadmap for getting the most clarity from your bloodwork.

The next page gives you a simple, high-level explanation of the markers that matter most in perimenopause, and how they relate to our Metabolic Pillars.

The page after that provides a straightforward printable list you can hand directly to your doctor. Use this to feel more grounded and confident as you navigate your health.



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AT-A-GLANCE: Labs by Pillar

Pillar 1: Blood Sugar

Fasting glucose, A1c, fasting insulin, HOMA-IR, CMP, lipids, ApoB, ox-LDL

Perimenopause decreases estrogen sensitivity at the cellular level → the body becomes more insulin-resistant → cravings, weight gain (especially belly fat), energy crashes, and brain fog increase. These labs identify early metabolic dysfunction years before diabetes is diagnosed.

Pillar 2: Cortisol & Adrenals

AM cortisol, DHEA-S, ACTH, thyroid panel, CBC differential

Perimenopause makes the body rely more heavily on the adrenal glands to produce backup sex hormones. Chronic stress flattens cortisol curves, disrupts sleep, increases cravings, and drives fat storage.

Pillar 3: Muscle & Metabolism

Iron panel, CBC, thyroid markers, testosterone, DHEA-S, vitamin D, magnesium RBC, B12/folate, omega-3, zinc/copper

Muscle is the metabolic organ of longevity. Perimenopause accelerates sarcopenia, reducing basal metabolic rate and making fat loss harder.

Pillar 4: Detox & Inflammation

Liver enzymes (ALT, AST, ALP, GGT), bilirubin, albumin, CRP, ESR, fibrinogen, SHBG, hormones, WBC patterns, gut testing

As estrogen fluctuates in perimenopause, detox pathways get overwhelmed. Inflammation increases insulin resistance, disrupts thyroid function, and increases fat storage around the midsection.

PERIMENOPAUSE METABOLISM RESET: Lab Request Sheet

- Fasting Glucose
- Hemoglobin A1c
- Fasting Insulin
- Comprehensive Metabolic Panel (CMP)
- Lipid Panel
- Apolipoprotein B (ApoB)
- 8 AM (Morning) Serum Cortisol
- DHEA-S
- TSH
- Free T4
- Free T3
- Reverse T3
- TPO Antibodies
- Thyroglobulin Antibodies
- CBC with Differential
- Ferritin
- Serum Iron
- Total Iron-Binding Capacity (TIBC)
- Transferrin
- Transferrin Saturation
- Reticulocyte Count
- Hemoglobin
- Hematocrit
- Fibrinogen
- RBC indices (MCV, MCH, RDW)
- Total Testosterone
- Free Testosterone
- Sex Hormone Binding Globulin (SHBG)
- Estradiol (E2)
- Progesterone
- Prolactin
- Vitamin D (25-OH)
- Vitamin B12
- Folate
- Homocysteine
- Magnesium RBC
- Zinc
- Copper
- ALT
- AST
- Alkaline Phosphatase
- GGT
- Total Bilirubin (Direct + Indirect)
- Albumin
- Total Protein
- Globulin
- High-Sensitivity CRP
- ESR