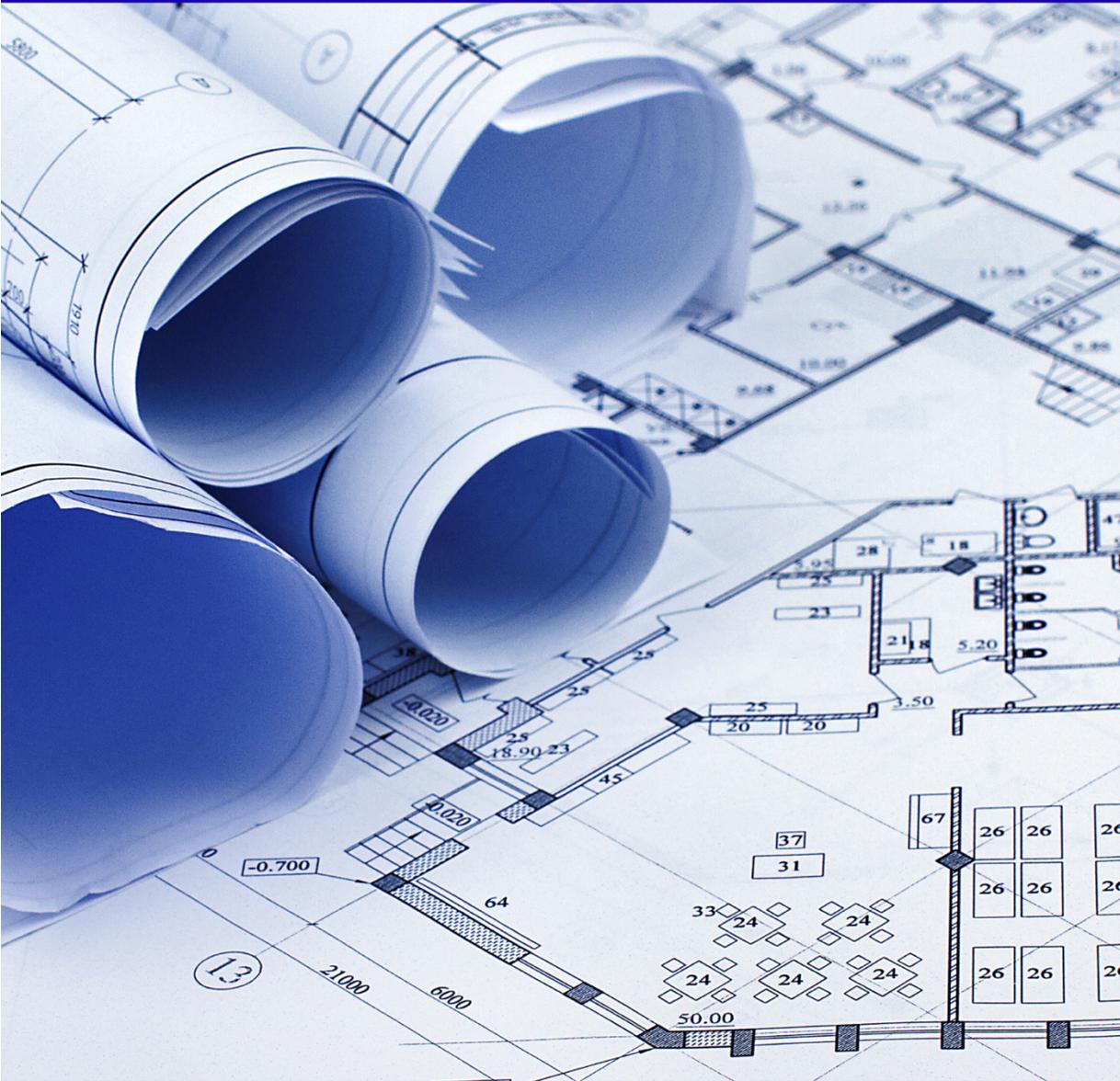


THE MENOPAUSE MODULES



**YOUR BLUEPRINT TO
MIDLIFE MASTERY**

MODULE 7 — HRT, TRT & Supplements: What Actually Helps (and What's a Waste of Money)

A simple, honest guide to understanding hormones, therapy options, and the only supplements worth your time.

MODULE INTRODUCTION

Menopause hits, everything feels different, you Google 'why is fat loss impossible now,' and suddenly you're drowning in:

- miracle supplements
- hormone hacks
- biohacking bros
- women on TikTok telling you to eat liver and ice baths
- people swearing HRT is magic
- others saying it's dangerous
- some saying testosterone will save your life

No wonder women are confused.

This module gives you **the ACTUAL truth**, in plain English — so YOU can make informed decisions.

★ LESSON 7.1 — What HRT Actually Does (The Realistic Version)

HRT = Hormone Replacement Therapy

Most commonly:

- oestrogen
- progesterone

(Some include testosterone depending on the country)

✓ What HRT CAN help with:

- hot flushes
- sleep
- mood
- brain fog
- vaginal dryness
- bone density
- joint pain
- general wellbeing

✓ What HRT MAY indirectly help with:

(because you feel better → you do more)

- cravings
- consistency
- recovery
- appetite regulation
- energy

✗ What HRT does NOT do:

- magically burn fat
- replace strength training
- replace nutrition
- counteract over-training
- fix chronic stress
- instantly give your 30-year-old metabolism back

Summary:

HRT can improve quality of life — but it's NOT a fat-loss drug.

It's a supportive tool, not a shortcut.

★ LESSON 7.2 — Who Usually Benefits Most From HRT?

Not medical advice — just patterns widely reported by women:

Women who benefit most often:

- severe hot flashes
- disrupted sleep
- extreme mood swings
- anxiety
- joint pain
- brain fog
- low libido
- inability to function normally

Women who benefit but not dramatically:

- those mainly struggling with fat loss
- those who expect rapid weight change
- those already exercising + eating well

Women who shouldn't take HRT:

(Doctor decision only — never self-diagnose)

- certain cancers
- blood clot issues
- medication conflicts
- high-risk medical factors

Summary:

If your life is being disrupted → HRT helps massively.

If you just want fat loss → it's not the fix you think it is.

★ LESSON 7.3 — Testosterone for Women (TRT): What You Need to Know

This topic is exploding online — so here's the honest version:

✓ What TRT MAY help with:

- energy
- libido
- muscle strength
- motivation
- mood
- vitality

✓ What TRT does NOT guarantee:

- rapid fat loss
- big muscle gains
- feeling “superhuman”
- solving stress or sleep issues

✗ Common misconceptions:

- “Testosterone turns women bulky.” → FALSE
- “It melts fat.” → FALSE
- “It fixes menopause alone.” → FALSE

✓ When TRT works best:

- combined with strength training
- combined with proper recovery
- when medically indicated (LOW levels confirmed)
- under a doctor’s supervision
- realistic expectations

Summary:

TRT can HELP, but only if your lifestyle and training support it.

It’s a helper, not a hero.

★ LESSON 7.4 — Supplements That Actually Work (Evidence-Based)

(Not the influencer garbage)

These are NOT fat-loss supplements.

They are *supportive tools* that help with symptoms, recovery, and health.

✓ **Omega-3**

Anti-inflammatory, joint support, brain health.

✓ **Vitamin D3**

Mood, immunity, bone health.

(Most people are deficient.)

✓ **Magnesium Glycinate**

Amazing for sleep + stress.

Supports recovery.

✓ **Protein Powder**

Not a supplement — a food.

Helps hit protein goals.

✓ **Creatine**

Builds strength, improves energy, helps cognitive function.

Incredibly well-researched for women.

✓ **Electrolytes**

Support hydration, energy, sleep, sweating, hot flushes.

✓ **Probiotics (optional)**

Gut health support if you struggle with digestion.

★ **LESSON 7.5 — Supplements That Are Basically Useless**

(Save your money + sanity)

✗ **BCAA drinks**

Useless if you eat enough protein.

✗ **Fat burners**

Caffeine + marketing.

✗ **“Menopause belly” supplements**

AKA snake oil.

✗ **Detox teas, gut detox kits**

Total garbage.

✗ Collagen for fat loss

No.

(It helps joints/skin but doesn't burn fat.)

✗ Random TikTok powders

Nope.

Nope.

Absolutely nope.

Summary:

If it sounds magical → it's not.

★ LESSON 7.6 — Blood Tests Worth Considering

Not required — but helpful for personalised guidance.

Discuss THESE with a doctor if needed:

- Oestrogen
- Progesterone
- Testosterone (free & total)
- SHBG
- Thyroid panel (TSH, T3, T4)
- Vitamin D
- B12
- Iron/Ferritin
- Cortisol (varies day to day, so context matters)

This is about information, not diagnosis.

★ LESSON 7.7 — How to Combine HRT/TRT With Training & Nutrition

If you start HRT/TRT:

- don't expect instant fat loss
- keep training consistent
- keep recovery high
- focus on protein + strength
- expect improvements in mood/energy/sleep first
- expect fat loss to become *easier*, not automatic

If you're NOT on HRT:

You can STILL make incredible progress with:

- strength training
- walking
- stress reduction
- smart nutrition
- sleep focus
- higher protein

HRT helps symptoms

YOUR HABITS create results.

★ **MODULE 7 SUMMARY**

- HRT helps symptoms, not fat loss
- TRT is supportive, not a magic bullet
- Some supplements help — many are a waste of money
- Strength, protein, movement, and recovery matter more than any pill
- You can thrive with OR without hormone therapy
- Your daily habits determine your results

END OF MODULE 7 TASK — “Your Hormone & Supplement Clarity Sheet”

This task gives them direction and stops the overwhelm.

Write down the answers to these 3 prompts:

Which symptoms affect your day-to-day life the MOST right now?

(e.g., sleep, energy, hot flushes, mood, recovery, libido, cravings)

Which supportive tools make sense for YOU right now?

Pick ONLY the ones that feel relevant:

- HRT
- TRT
- Omega-3
- Magnesium
- Protein powder
- Creatine
- Vitamin D
- Electrolytes

Complete this sentence:

“Supplements and hormones SUPPORT my journey — my habits CREATE my results.”

NOTES: