



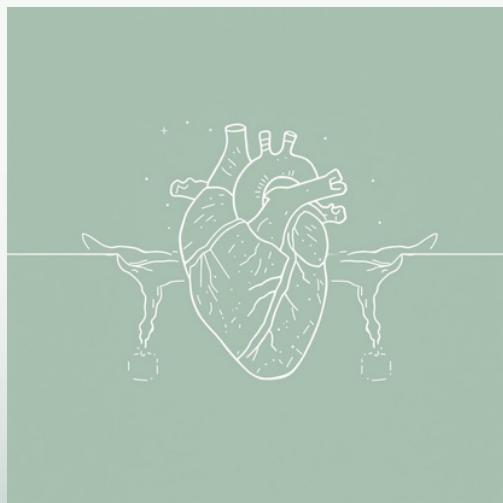
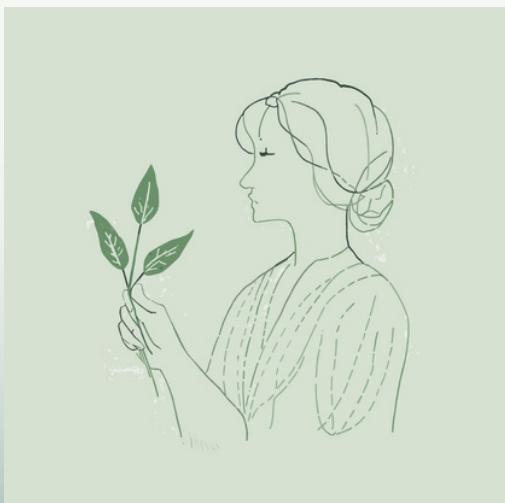
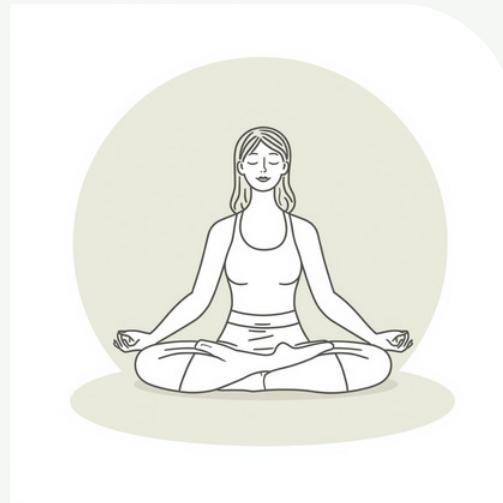
# **THE MID-LIFE CENTER**

*Redefining Menopause Care for  
the Modern Woman*

**Dr. Lakshmi Iyer**

MD, DGO, DNB

Hormone Balance & Menopause Regulation Expert



## THE MID-LIFE CENTER

Where Hormones Find Balance and Women Find Themselves Again

Dr. Lakshmi Iyer

MD, DGO, DNB

Hormone Balance & Menopause Regulation Specialist

Hormonal changes during perimenopause and menopause can affect mood, sleep, metabolism, emotions, libido, weight, and overall identity. Dr. Lakshmi specialises in restoring hormonal harmony through personalised, evidence-based guidance—helping women feel stable, centred, and in control again.

# HOW DR. LAKSHMI WORKS

## Her Clinical Approach:

### 1. Holistic Hormone Evaluation

- ⌚ menstrual & symptom history
- 🧠 emotional and cognitive mapping
- 🩺 estrogen, progesterone & thyroid profiling
- 📝 lifestyle and stress impact scoring

### 2. Personalised Hormone Regulation Plans

- ✓ bioidentical / regulated HRT guidance
- ✓ cycle smoothing strategies
- ✓ symptom-specific adjustment pathways
- ✓ safe monitored clinical decision-making

### 3. Emotional & Cognitive Balance Support

- 🌙 sleep restoration techniques
- 😊 mood and irritability regulation
- 🧠 brain fog clarity strategies
- ❤️ libido and intimacy support

### 4. Nutrition & Metabolism Alignment

- 🥗 hormone-friendly nutrition
- 🔥 midlife metabolism resetting
- 🌿 anti-inflammatory hormonal support
- 🥑 insulin & weight management

### 5. Continuous Monitoring & Fine-Tuning

- ✓ follow-up rhythm
- ✓ dose modification when needed
- ✓ long-term hormone safety oversight

## Her philosophy:

Hormone balance is deeply personal — treatment should be too.

# WHAT SHE OFFERS AT THE MID-LIFE CENTER

## Programs & Services:

### Hormone Balance Reset Program

- perimenopause cycle transitions
- menopause symptom therapy
- irregular cycle stabilisation
- mood and sleep regulation
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### HRT Guidance & Safety Pathways

- personalised dosing
- monitored clinical oversight
- evidence-backed choices

### Midlife Clarity & Emotional Wellness

- ◆ improved energy
- ◆ emotional steadiness
- ◆ better focus & mental ease

### Why Hormone Balance Matters in Midlife

#### Without specialised care, women may face:

- ⚠ mood instability
- ⚠ sleep disturbances
- ⚠ weight gain and fatigue
- ⚠ reduced libido & confidence
- ⚠ cognitive fog and overwhelm

#### Ideal for Women Who Experience

- ◆ irritability & mood swings
- ◆ anxiety or emotional sensitivity
- ◆ hot flashes & sweating episodes
- ◆ sleep interruption