



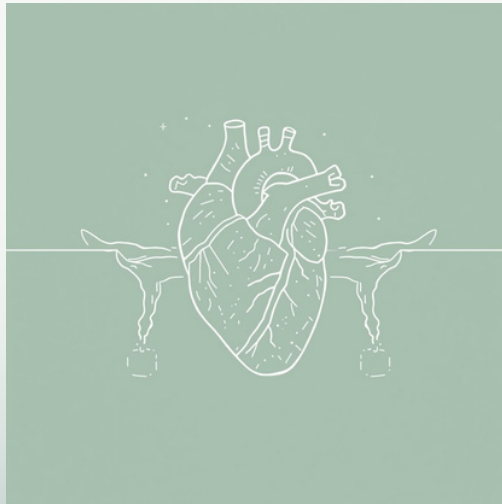
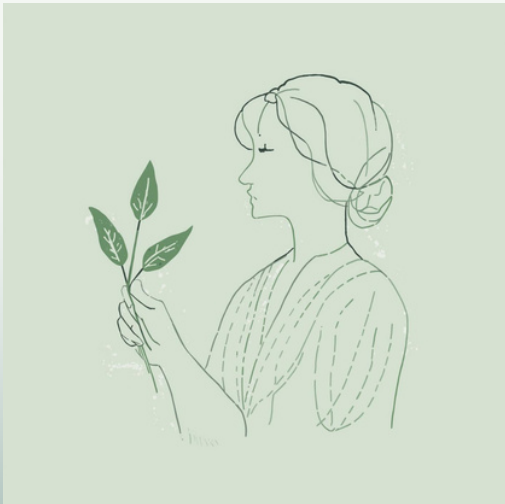
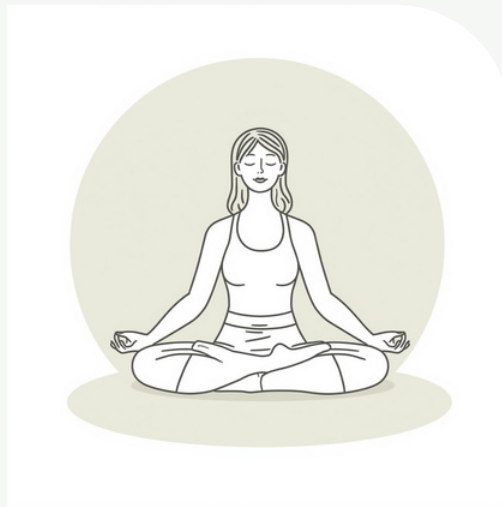
THE MID-LIFE CENTER

*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
-

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