



Experiencing Brain Fog During Menopause?



What Is Brain Fog?

A feeling of forgetfulness, mental fatigue, and difficulty concentrating. It's common in perimenopause and menopause.

Why It Happens:

- **Estrogen Decline:** Affects neurotransmitters like serotonin and acetylcholine.
- **Poor Sleep:** Hot flashes and night sweats disrupt sleep.
- **Mood Changes:** Anxiety and depression impair mental clarity.
- **Stress & Overload:** Midlife responsibilities can intensify symptoms

Common Symptoms:

- Forgetting names or words
 - Trouble focusing
- Slower processing speed
- Losing train of thought
- Mental fatigue

What Can Help?

- **Exercise:** Boosts blood flow and brain chemicals
- **Sleep Hygiene:** Regular sleep schedule, cool room, no screens
- **Nutrition:** Omega-3s, B-vitamins, and hydration
- **Mindfulness & Stress Reduction:** Yoga, meditation

How Le Nest Supports:

Brain fog evaluation with holistic wellness planning.

Hormone support therapy when needed.