



Women's Health: Estrogen & Brain Function

Estrogen plays a critical role in cognitive health. Fluctuations affect memory, focus, and mood. Understanding this connection prevents mislabeling symptoms. Brain health is hormone health.

Estrogen supports neurotransmitter balance and cerebral blood flow. Decline or fluctuation can impair cognition temporarily or persistently.

Lab trends may show hormonal shifts alongside cognitive complaints.

Supporting brain health requires hormonal awareness.

01 Is This Your Story?

A woman reports brain fog during perimenopause. When sleep, nutrition, and hormonal support are optimized, clarity returns and confidence improves.

02 Try This Today

Measure: Track cognitive changes alongside hormonal phases.

Do: Support brain health with sleep and omega-3 intake.

Reflect: Ask whether cognition reflects hormonal shifts.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

