

Your guide to getting the peri/menopause *care you deserve.*

What changes in your body during these years, which numbers are worth knowing, and what to do about it starting this week.



With insights from **Dr. Amy Shah** and **Dr. Sara Szal**

CARE STARTS TODAY

Full longevity primary care for perimenopause and menopause.

Expert doctors, diagnostics and bloodwork, every prescription from hormones to GLP-1s and peptides, and all your data and messaging in one app.

\$99/mo with insurance

\$149/mo without

WHAT IS HAPPENING

You're not broken. *You're undertreated.*

Perimenopause can begin in your late 30s or 40s and often runs four to ten years before periods stop. Estrogen and progesterone stop following a steady pattern, and that shows up as the symptoms most people recognize: hot flashes, broken sleep, mood swings, brain fog, and weight that settles around the middle.

Dr. Amy Shah's perspective is that the changes you can't feel matter just as much. Over the 10 to 20 years around perimenopause and menopause, bone density drops, cholesterol and ApoB tend to climb, muscle and cardiovascular fitness slide, and insulin resistance becomes more common.

Most physicians get very little training in menopause care, so women are often told to wait it out, handed a single prescription, or sent to a different specialist for each symptom. Get these years right and it changes how you feel at 60 and how independent you are at 80.

"No one is coming to save you in perimenopause."

DR. AMY SHAH

SOUND FAMILIAR?

- | | |
|---|--|
| ☐ Hot flashes or night sweats | ☐ Waking at 3 a.m. and staying up |
| ☐ Brain fog or reaching for words | ☐ Mood that swings more than it used to |
| ☐ Weight gain around the middle, same habits | ☐ Low libido or discomfort during sex |
| ☐ Thinning hair or drier skin | ☐ New joint aches or stiffness |
| ☐ Heavier, lighter, or unpredictable periods | ☐ Heart racing or new anxiety |

Two or more, especially after 35? That's reason enough to get measured. You don't need to wait for your periods to stop, or prove it's menopause first. Your Peak doctor can see you in 3 to 5 days.

WHAT TO MEASURE

5 numbers *worth knowing now.*

Here's where your doctor starts. Peak is longevity primary care, so we treat the years ahead, not just today's symptoms. The best time to act on any of it is now.

01 Hormones

Estradiol, progesterone, FSH, and testosterone. One reading doesn't diagnose perimenopause, but read alongside your symptoms they show where you are in the transition and what support fits.

02 ApoB and cholesterol

ApoB is the most direct measure of the particles that build plaque in your arteries. Many women see it rise sharply in these years, and it responds well to treatment once it's caught.

03 Fasting insulin and A1c

Rising insulin resistance drives a lot of midlife weight gain, and it shows up here years before blood sugar looks abnormal on a routine panel.

04 Bone density

Women can lose a meaningful share of their bone in the first years after menopause. A DEXA scan gives you a baseline, plus body composition and visceral fat.

05 VO2 max and muscle mass

Two of the strongest predictors of how well you'll function in your 70s and 80s. Both are measurable, and both improve with the right plan.

Beyond the 5, your whole system:

Hormones

Metabolic

Cardiovascular

Cognitive

Immune

HOW PEAK HANDLES IT

250+ health markers, tested as part of membership.

Your doctor orders DEXA, VO2 max, CT, and other longevity testing when it's right for you. Already have recent labs? Your doctor can use them and start your plan right away, then retest in about 60 days.

Brain fog is measurable too. Basic cognitive testing is part of care, and advanced cognitive testing with Performance adds pTau and APOE testing.

NUTRITION AND FITNESS ACTIONS FROM DR. AMY SHAH

7 nutrition and fitness changes you can make *right now*.

You don't need labs back or a prescription in hand to start. Every item is something Amy would have you doing in your first week, whatever your numbers turn out to be.

1 Get 30 grams of protein before 10 a.m.

Two eggs and a cup of Greek yogurt gets you close. Protein early steadies energy and cravings and protects muscle as estrogen drops.

2 Build toward 30 grams of fiber a day.

Most women get about half that. Add one high-fiber food per meal: two tablespoons of chia is about 10 grams, half a cup of lentils about 8.

3 Eat three fermented foods.

Kefir, Greek yogurt, kimchi, sauerkraut, miso. Your gut bacteria help process and recycle estrogen, and fiber plus fermented foods keeps that system working.

4 Close the kitchen two to three hours before bed.

A lighter, earlier dinner is one of the fastest ways to change the 3 a.m. wake-ups. Keep caffeine before noon this week.

5 Lift heavy, and polarize the rest of your week.

Most women do the same medium-effort class every day. The protocol splits the week.

Heavy lifting with respect to rest time. Lying, easy cardio at the heart rate zone from your lab HRV zone, not your heart rate. And one or two heart rate zones built on a thermogenic diet, with the most sets, reps, and progression they tolerate without, plus the rest for when to stop it.

6 Add the night stack. MEMBERS

Consider melatonin and magnesium glycinate at the protocol doses. Great for sleep and muscle, with the one big caveat they can reduce appetite early.

7 Test, then treat. MEMBERS

Storage of insulin, B12, and vitamin D each have a threshold that decides whether you supplement and how much. Below is your take a specific dose and method on a set schedule.

MEMBERS ONLY THE SHAH PROTOCOL

The full protocol is for *Peak members only*.

These are where Amy starts. Members get the rest, built on their own labs.

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PUT IT ON A PLATE

What a 30-30-3 day looks like.



Breakfast

Greek yogurt with berries, chia, and walnuts, plus two eggs

32 g protein • 12 g fiber • 1 fermented

Lunch

Big salad with chicken or salmon, lentils, avocado, miso dressing

35 g protein • 14 g fiber • 1 fermented

Dinner

Tofu or lean beef stir-fry, brown rice, broccoli, side of kimchi, done by 7 p.m.

30 g protein • 8 g fiber • 1 fermented

Counts are approximate. Swap freely: protein at every meal, fiber from whole foods, one fermented food per meal, dinner finished early.

YOUR 14-DAY SYMPTOM TRACKER

Mark each day, then bring this to your first visit.

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Hot flashes (count)														
Night sweats														
Woke at night														
Slept 7+ hours														
Mood low or irritable														
Brain fog														
Energy (1 to 5)														
30 g protein early														
30 g fiber														
Three fermented foods														
Strength session														
Period or spotting														

You don't have to finish the two weeks. Hot flashes most days, waking most nights, or a mood and energy dip that won't lift is enough to book. Your first Peak visit is 3 to 5 days out.

CARE AT PEAK

One doctor *for all of it.*

Your Peak doctor treats hormones and everything hormones touch, and prescribes when it's clinically appropriate.

THE USUAL WAY

A gynecologist for hormones.
A weight clinic for the GLP-1.
A cardiologist for the statin.



AT PEAK

One doctor, one plan. *First visit in a few days.*

Hormones

01

TREATS

Hot flashes, sleep, mood, libido, vaginal dryness

MAY PRESCRIBE

Estradiol, micronized progesterone, testosterone, vaginal estrogen, bioidentical options

Weight and metabolic

02

TREATS

Weight gain, insulin resistance, prediabetes

MAY PRESCRIBE

Semaglutide, tirzepatide, microdosed or standard GLP-1s, metformin, berberine

Heart and bone

03

TREATS

Cholesterol, blood pressure, bone density

MAY PRESCRIBE

Statins, blood pressure medication, bone density treatment, creatine, vitamin D

Skin and hair

04

TREATS

Skin changes, thinning hair

MAY PRESCRIBE

Copper peptide, estriol face cream, finasteride and minoxidil combinations

Sleep and brain

05

TREATS

Waking through the night, brain fog

MAY PRESCRIBE

Progesterone and magnesium for sleep, lithium and creatine for brain health

Everyday prescriptions

06

TREATS

Thyroid, mood, chronic conditions

MAY PRESCRIBE

Refills of what you already take, and new prescriptions when appropriate

THE DOCTORS BEHIND YOUR PLAN

Your plan, *built by these physicians.*

Clinical protocols built with Dr. Jeffrey Chen and Dr. Sara Szal, with nutrition shaped by Dr. Amy Shah. The clinical team reviews outcomes as you go.



Dr. Amy Shah

Chief Nutritional Longevity Officer.
Cornell, Columbia, Harvard



Dr. Jeffrey Chen

Chief Medical Officer,
Biograph. Harvard Medical.
Expert in Cardiovascular and Longevity Care



Dr. Sara Szal

Director of Precision Medicine,
Marcus Institute for Aging.
Harvard, UCSF. NY Times Best Selling Author



Dr. Suzanne Soriano

Elite Longevity Doctor
Stanford, Sutter, Early Medical

Today

Sign up in minutes.

A few days

Meet your doctor.

First week

Treatment begins,
labs ordered.

Within 2 weeks

Labs reviewed, plan
adjusted.

Every quarter

Retest and refine.

Join Peak Health today. Care starts today.

[GETPEAKHEALTH.COM/MENOPAUSE](https://getpeakhealth.com/menopause)

MEMBERS ONLY

The Shah Protocol, *exclusively for Peak members.*

The full protocol was built by women for women. It's designed for the 10 to 20 years around perimenopause and menopause: mapped to where you are in the transition, Peak Health personalizes it to your numbers and adjusted as your body changes.

It's built into Peak care and available to members now. You won't find it anywhere else.

WHAT'S INCLUDED

Menopause and longevity doctors from Yale, Harvard, Stanford, UCSF

Four doctor visits a year

250+ health markers tested

Unlimited messaging with your care team

Access to VO2 max, DEXA, CT, and cancer testing

Cognitive testing for every member, with pTau and APOE as part of the Performance plan

Prescriptions, peptides, and compounded medications when appropriate

Prior authorizations handled, nutritionist consultations

Peak app and wearable integration

The Shah Protocol, from day one.

\$99 /month
With insurance

\$149 /month
Without insurance

Same care on both. FSA and HSA eligible. Cancel anytime. Prescriptions billed through your pharmacy and insurance.

Start your care *today.*

getpeakhealth.com/menopause