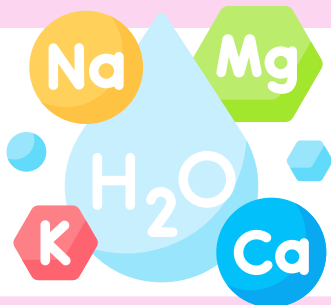


ELECTROLYTES IN PERI/MENOPAUSE

Why Talk About Electrolytes During Perimenopause?

Estrogen and progesterone play a role in fluid balance, and those hormones can fluctuate quite a bit during perimenopause. Then add hot flashes, night sweats, exercise, summer heat, and the general chaos of midlife...and hydration can become another piece of the peri/menopause puzzle.



What Exactly Are Electrolytes?

You've probably heard of sodium, potassium, and magnesium, but there are several other electrolytes too, including chloride, calcium, phosphate, and bicarbonate. These minerals help your body with important jobs like fluid balance, nerve signaling, and muscle function.

Symptoms

Here is a quick list of symptoms that can point towards electrolyte imbalance or low electrolytes:

- Increased thirst
- Dry mouth
- Dry Skin
- Fatigue
- Sugar Cravings
- Insomnia
- Dizziness
- Nausea
- Lightheaded
- Headaches
- Severe signs:
 - Muscle cramping
 - Reduced urine output
 - Fainting
 - Heart palpitations
 - Significant blood pressure drop

Solutions

- Drink more water
- Try other hydrating beverages - no caffeine or high sugar is best
- Eat hydrating foods - examples: watermelon, cantaloupe, lettuce and spinach
- Use an electrolyte option



ELECTROLYTES IN PERI/MENOPAUSE

The Electrolytes I Tried

- [Celsius Hydration](#)
- [LMNT](#)
- [Instant Hydration](#)



A Little Disclaimer



As always, this is my personal experience and education—not medical advice. Symptoms like fatigue, dizziness, muscle cramps, heart palpitations, and balance changes can have many different causes. If you're experiencing new or concerning symptoms, talk with your healthcare provider before making changes to your hydration or electrolyte routine.

Want to Dig Deeper?

Here are some of the resources I used while researching this topic:

- [Winona Menopause Dehydration: Managing Thirst and Fluid Retention](#)
 - Calcium, potassium, magnesium, and sodium are key electrolytes that support bone health, muscle function, and many other body systems affected by hormonal fluctuations during menopause.
 - Summary: You need to stay hydrated. Hormones can cause dehydration. You do not always need electrolyte additives.
- [Menopause Natural Solutions Electrolytes for the Menopausal Transition](#)
 - The electrolyte family includes vital minerals like sodium, potassium, chloride, magnesium, calcium, phosphate, and bicarbonate.
 - Summary: This article lists what electrolytes do in body and symptoms of being low
- [Electrolytes & Midlife: What Every Woman Over 40 Should Know](#)
 - Summary: A simple breakdown and list of suggested electrolytes
- [LMNT Article How Electrolytes Fuel Hormone Balance for Women](#)
 - Great article, while it's written by a company, it does not push the product and has a qualified author.
 - Simple read
 - Great explanations

