

2. I'm out of Oestrogen and I have a gun! Module 3 – Step 2 Audio Transcript

"And, I'm licensed to use it" as one police officer said to me...

I'm out of Oestrogen & I have a Gun!



Oestrogen deficiency is what's happening here. Oestrogen, in my mind, and doctors confirm this to me, is what keeps the wheels from falling off and by that I mean, it has been keeping us relatively healthy and functioning on a reasonably even keel (PMS notwithstanding!) for over 40 years.

PMS on speed at peri-menopause is a force to be reckoned with, especially when hormonal health is an unknown factor and I don't apologise for repeating myself when I say that women do not immediately think of peri-menopause when they feel regularly overcome with strange emotional symptoms.

We'll look at different ways of resolving this in a later module but for now, allow yourself and staff to smile. A little self-deprecation is no bad thing.