You're not crazy. You may not be depressed. You're just hormonal. And that's a good thing! Take a look at the fluctuation of your female reproductive hormones throughout the month. This is your body on hormones, the ones you make naturally. And it’s an ever shifting dance and matrix of variation between the two hormones estrogen and progesterone along with your neurohormones (such as serotonin and dopamine) as you age, endure excess stress (in the form of lifestyle factors, diet, environmental triggers and relationship struggles), or face other physiological demands like diagnosed or undiagnosed health conditions.

**Changes & Challenges:**
- Cramps
- Fatigue (accompanying loss of blood)
- Low back pain
- Peace
- Surrender

**Changes & Challenges (rise of estrogen):**
- Slight weight gain
- Calmer mood
- Increased motivation
- More energy
- Possible restlessness

**Changes & Challenges before estrogen drops:**
- Increased sex drive
- Heightened communication
- Increased discharge

**When estrogen drops:**
- Estrogen dip = serotonin dip = mood dip!

**Changes & Challenges:**
- Dip in mood due to estrogen dip
- Bloating
- Breast tenderness
- Irritability or anxiety
- Cravings kick-in
- Need to retreat

**Changes & Challenges (progesterone rise; top of curve):**
- Slight weight gain
- Calmer mood
- Increased motivation
- More energy
- Possible restlessness