



# St. Catharines Naturopath Explains Menopause Brain Fog

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While physical symptoms like hot flashes are widely talked about during menopause, the sudden lapses in memory, focus, and mental clarity often catch women completely by surprise.

To help women understand these unexpected midlife changes, Dr. Aoife Earls, ND, has released a new educational article titled, "How To Overcome Menopause Brain Fog With A St. Catharines Naturopath."

The guide aims to reassure women who may feel isolated or worried by sudden forgetfulness. Dr. Aoife explains that this mental fatigue is not a sign of permanent damage, but rather a reflection of how the brain adapts as natural hormone levels begin to shift.

The newly published resource breaks down why mental clarity can feel so unpredictable during perimenopause and menopause. Estrogen is commonly associated with reproductive health, but it also has important functions in the brain. The article explains that estrogen receptors are found in areas involved in

learning, memory, and attention, and reviews how fluctuating hormone levels during perimenopause may be associated with changes in cognitive function for some women.

However, the guide notes that shifting hormones are only part of the equation. Midlife focus is often under pressure from a combination of secondary factors, including interrupted sleep patterns, heightened sensitivity to stress, and subtle changes in thyroid function.

Sleep is one example explored in the guide. Hot flashes, night sweats, and frequent waking can disrupt restorative sleep during menopause, and inadequate sleep may subsequently affect attention and concentration. The resource also considers the potential influence of stress during midlife, when professional responsibilities, family commitments, and other life changes may occur alongside the menopausal transition.

Thyroid health is another area discussed because some symptoms associated with thyroid conditions—including fatigue, forgetfulness, and difficulty concentrating—may overlap with concerns reported during menopause. The article encourages women experiencing persistent or worsening cognitive changes to discuss their symptoms with an appropriate healthcare professional rather than assuming that menopause alone is responsible. Identifying how these hidden triggers overlap is a key step in uncovering the root cause of cognitive fatigue.

The menopause guide also builds on Dr. Earls' previously published educational resource, "Manage Brain Fog with A St. Catharines Naturopath: 7 Approaches To Reclaiming Your Focus." While that earlier publication focused on practical lifestyle habits that may support mental clarity, the new article explores one of the health factors that may contribute to brain fog during midlife. Together, the two resources encourage readers to consider both everyday wellness habits and the broader health factors that may influence cognitive function. Through the educational series, Dr. Earls, ND aims to provide accessible information that helps readers better understand brain fog without presenting any single factor or strategy as a universal explanation.

By identifying these underlying factors, a naturopathic practitioner may help patients build a personalized plan. This tailored approach often combines simple dietary adjustments, stress management tools, and targeted supplements to help naturally support cognitive function and bring mental focus back into balance.

Dr. Aoife Earls, ND, is a licensed naturopathic doctor dedicated to helping individuals uncover the root causes of their health concerns. With over a decade of clinical experience, her practice focuses on guiding patients through hormonal transitions, managing chronic stress, and overcoming fatigue. Operating from her clinic in St. Catharines, she blends evidence-informed medicine with personalized lifestyle strategies, offering

both in-person and secure virtual consultations to residents throughout Ontario.

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*Dr. Aoife Earls, ND serves as a Naturopath in St. Catharines and in the GTA for over 10 years. As a Naturopathic Doctor, she offers telemedicine and essential in-person consultations.*

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