



CHECK IN

with Dr. Ruby Gill

LET'S CHECK UP ON... BACK TO SCHOOL, BACK TO YOU: WHY WOMEN NEED A HEALTH RESET TOO

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As summer comes to an end and children head back to school, many women find themselves breathing a sigh of relief. The return of routines, schedules and structure can feel like a fresh start. Yet while we are busy organizing backpacks, sports schedules and family calendars, many women overlook one important person who could benefit from a reset: themselves.

In my medical practice, I often see women who have spent the entire summer taking care of everyone else's needs while putting their own health on hold. By the time fall arrives, they are running on empty. They tell me they feel exhausted, irritable, mentally foggy and disconnected from the energetic version of themselves they once knew.

Many assume this is simply part of being a busy woman. Sometimes it is. But often there is more to the story.

For women in their late 30s, 40s and 50s, hormonal changes associated with perimenopause and menopause can amplify the effects of chronic stress. Sleep becomes lighter. Recovery takes longer. Weight may accumulate despite healthy habits. Anxiety, mood changes and brain fog can become increasingly common.

The good news is that small, consistent changes can make a meaningful difference.

As we enter a new season, I encourage women to focus on four pillars of health.

First, prioritize sleep. Sleep is not a luxury; it is a biological necessity. Poor sleep impacts hormones, metabolism, mood and cognitive function. Aim for seven to nine hours whenever possible and create a consistent bedtime routine that supports restorative rest.

Second, nourish your body with protein-rich meals. One of the most important conversations happening in medicine today is the importance of preserving muscle mass, particularly

for women entering midlife. Muscle supports metabolism, bone health, balance and healthy aging. Prioritizing protein throughout the day can help support energy and maintain lean body mass.

Third, make movement non-negotiable. Exercise does not have to mean spending hours at the gym. A daily walk, resistance training a few times per week or finding an activity you genuinely enjoy can significantly improve physical and mental health. Movement is one of the most powerful tools we have for managing stress and improving longevity.

Finally, create space for stress recovery. Many women spend their days in a constant state of productivity. The nervous system was never designed to operate at full speed indefinitely. Even a few minutes of deep breathing, meditation, prayer, journaling or quiet reflection can help shift the body from a state of chronic stress toward healing and recovery.

The back-to-school season is often viewed as a fresh start for our children. I believe it can serve the same purpose for women.

Instead of focusing solely on what needs to be accomplished, ask yourself a different question: What do I need to feel healthy, energized and well this season?

You do not need a complete life overhaul. You do not need perfection.

You simply need permission to place yourself back on your own priority list.

Because when women take care of themselves, they are better equipped to care for the people they love—and they deserve to thrive, not just survive, in every season of life. •

Schedule your integrative medicine consultation with Dr. Ruby Gill today! Take the first step toward thriving again with personalized, evidence-based care tailored to your unique needs. Let Dr. Gill help you reclaim your health, confidence, and joy!

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