

Relaxed Posting Schedule

Roughly every other day, two posts per posting day · all 40 posts

- Study 1 · Muscle & training
- Study 2 · Memory & genotype
- Study 3 · Heart & timing
- General · partner posts

WEEK 1

Saturday, August 1

9:00 AM	GENERAL	Function, not just comfort Hormones & hormone therapy	general_post01
10:00 AM	STUDY 1	7.9% — muscle growth with estrogen therapy plus training — versus 3.9% with training alone Big Stat · S1	study1_post01

WEEK 2			
Monday, August 3			
10:00 AM	STUDY 2	Why genotype changed the picture Binary Contrast · C1	study2_post03
2:00 PM	STUDY 3	Is it too late for me to start hormone therapy? Prompt · P1	study3_post05
Tuesday, August 4			
9:00 AM	GENERAL	Sleep for performance Sleep & insomnia	general_post02
10:00 AM	STUDY 1	Three things that improved with estrogen plus training Enum List · L1	study1_post07
Wednesday, August 5			
10:00 AM	STUDY 2	Not every woman responds to hormone therapy the same way. Statement · T1	study2_post09
2:00 PM	STUDY 3	10 years — the window in which hormone therapy shows a more favorable cardiovascular profile Big Stat · S1	study3_post01
Friday, August 7			
10:00 AM	STUDY 1	Two groups. One training program. Twelve weeks. Binary Contrast · C1	study1_post03
2:00 PM	STUDY 2	Why does hormone therapy seem to help some women's memory and not others? Prompt · P1	study2_post05
Saturday, August 8			
9:00 AM	GENERAL	You're still that woman Mindset & emotional support	general_post03
10:00 AM	STUDY 3	Three factors that change hormone therapy's heart profile Enum List · L1	study3_post07
Sunday, August 9			
10:00 AM	STUDY 1	Both groups got stronger. Training was never the variable in question. Statement · T1	study1_post09
2:00 PM	STUDY 2	10% — higher delayed memory scores in APOE4 women using hormone therapy Big Stat · S1	study2_post01

WEEK 3

Tuesday, August 11

9:00 AM	GENERAL	Products not working? Skin, hair & aesthetics	general_post04
10:00 AM	STUDY 3	When hormone therapy starts changes its cardiovascular profile Binary Contrast · C1	study3_post03

Thursday, August 13

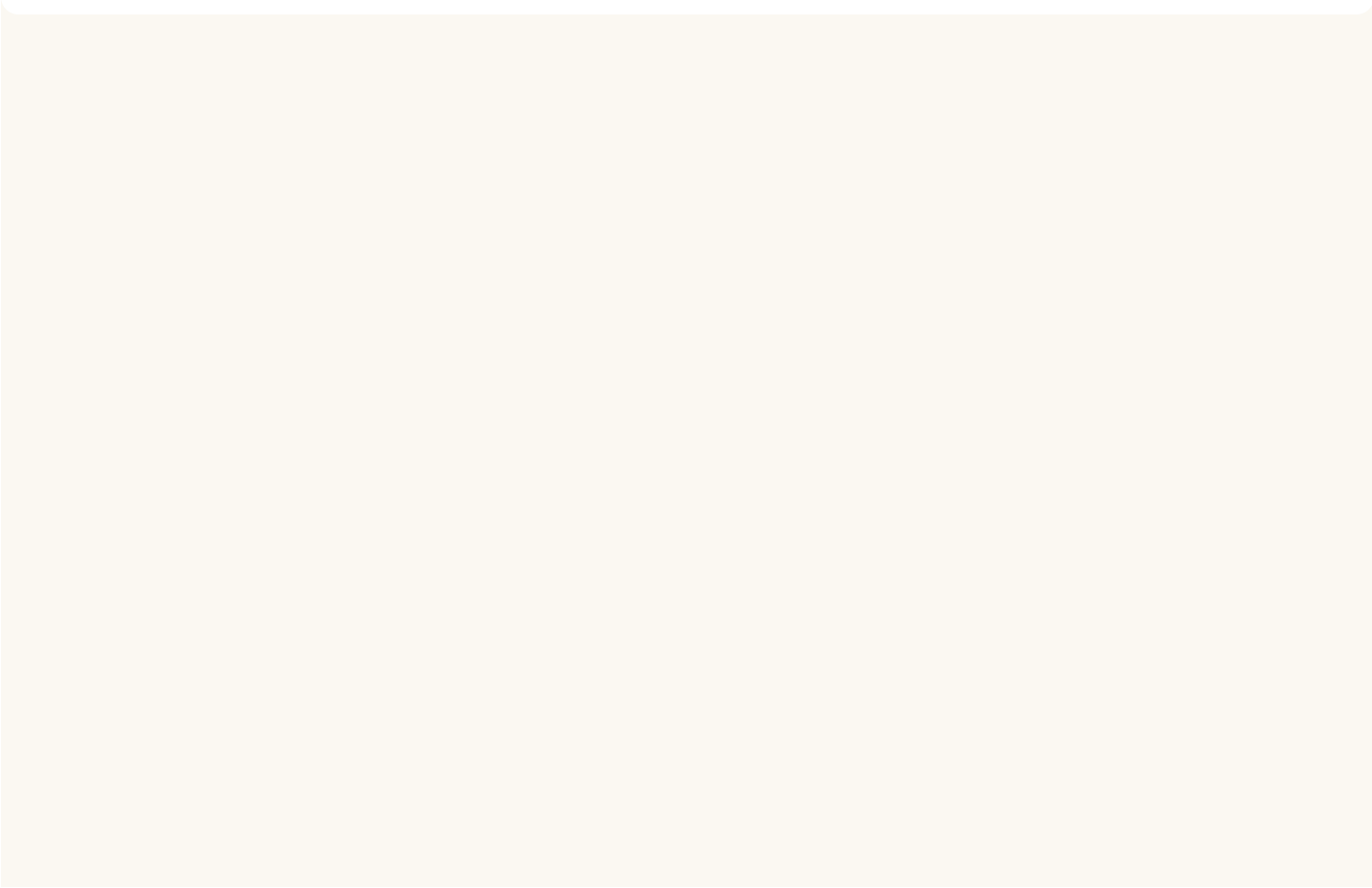
10:00 AM	STUDY 1	Are your workouts returning less than they used to? Prompt · P1	study1_post05
2:00 PM	STUDY 2	Three ways researchers looked at the brain Enum List · L1	study2_post07

Friday, August 14

10:00 AM	STUDY 3	Cardiovascular disease kills more women than all cancers combined. Statement · T1	study3_post09
12:00 PM	GENERAL	Fog-fighting habits Brain, mood & mental health	general_post05

Saturday, August 15

10:00 AM	STUDY 1	5.5% — gain in whole-body lean mass, compared with 2.9% from training alone Big Stat · S1	study1_post02
2:00 PM	STUDY 2	Among APOE4 carriers, the memory gap ran both directions Binary Contrast · C1	study2_post04



WEEK 4

Monday, August 17

10:00 AM	STUDY 3	Does your heart risk get assessed with menopause in mind? Prompt · P1	study3_post06
2:00 PM	STUDY 1	What twelve weeks actually looked like Enum List · L1	study1_post08

Tuesday, August 18

9:00 AM	GENERAL	You belong at the table Menopause in the workplace	general_post06
10:00 AM	STUDY 2	Alzheimer's reaches the entorhinal cortex before it reaches the hippocampus. Statement · T1	study2_post10

Wednesday, August 19

10:00 AM	STUDY 3	919,614 — women in a national register study of contemporary hormone therapy Big Stat · S1	study3_post02
2:00 PM	STUDY 1	“There's no point lifting weights after menopause.” Binary Contrast · C1	study1_post04

Friday, August 21

10:00 AM	STUDY 2	Does when you start matter for your brain, not just your symptoms? Prompt · P1	study2_post06
12:00 PM	GENERAL	Perimenopause at work? Menopause basics & stages	general_post07

Sunday, August 23

10:00 AM	STUDY 3	What the major studies actually showed Enum List · L1	study3_post08
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WEEK 5

Monday, August 24

9:00 AM	GENERAL	Not 'all in your head' Myth-busting, news & policy	general_post08
10:00 AM	STUDY 1	Women now spend more than a third of life after menopause. Statement · T1	study1_post10

Tuesday, August 25

10:00 AM	STUDY 2	6-10% — larger entorhinal and amygdala volumes in APOE4 hormone therapy users Big Stat · S1	study2_post02
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Thursday, August 27

10:00 AM	STUDY 3	Oral and transdermal don't behave the same way Binary Contrast · C1	study3_post04
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Friday, August 28

10:00 AM	STUDY 1	Is it worth starting strength training in my fifties? Prompt · P1	study1_post06
12:00 PM	GENERAL	Protein at every meal Weight, metabolism & belly fat	general_post09

Saturday, August 29

10:00 AM	STUDY 2	Three reasons dementia research focuses on women Enum List · L1	study2_post08
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WEEK 6

Monday, August 31

9:00 AM	GENERAL	Too tired for intimacy? Sexual health & intimacy	general_post10
10:00 AM	STUDY 3	Every major society now says the same thing: individualize the decision. Statement · T1	study3_post10

Captions for every post are included in the CSV alongside this schedule, ready to import into your scheduling platform. Replace the practitioner placeholders before publishing.