Look after your hormones. Beautiful, destructive, infuriating, maddening, magical, poisonous, empowering hormones. Lady chemicals. We can ignore them and risk becoming very profoundly derailed or we can think about a roadmap: how we might manage our hormones, respect our hormones and, as our body changes from our mid-30s, track our hormones.

Of course, this is radical thinking because it hints at the idea that, one day, menopause may occur. Oh, that happens to other people, right? We will always be able to stave it off using sheer willpower. The conspiracy of silence; the shame surrounding the long and winding road towards menopause means that all too often we are its victims when we could become its boss.

If you feel that you have lost yourself; if your sleep is trashed, your energy compromised, sex drive on the floor or anxiety through the roof; keep hormones at the top of your mind. And, if you are firing on all cylinders, get the blood tests anyway so that later — be that in five years or 15 — you understand your optimum baseline.

Dr Martin Galy, hormone specialist, is a magician. He helps women (and men) find themselves when they are cast adrift on the turbulent endocrine sea. He has set up 23MD in Chelsea with his wife, Dr Kersh.

This is a centre of excellence for grown-up women.

Dr Kersh’s work with injectables is as beautiful as his hormone-replacement therapy is compassionate, authoritative and open-minded.