

SYMPTOMS OF MENOPAUSE

Common Symptoms



HOT FLUSHES



NIGHT SWEATS



IRREGULAR PERIODS



LOSS OF LIBIDO



VAGINAL DRYNESS

Mental Symptoms



ANXIETY



DEPRESSION



IRRITABILITY



DIFFICULTY CONCENTRATING



PANIC DISORDER



MOOD SWINGS



BRAIN FOG

Physical Symptoms



BLOATING



PINS & NEEDLES



DIZZINESS



TROUBLE SLEEPING



TIREDDNESS



HAIR LOSS



ALLERGIES & INTOLERANCES



BRITTLE NAILS



IRREGULAR HEARTBEAT



OSTEOPOROSIS



WEIGHT GAIN



INCREASED BODY ODOUR



BLADDER WEAKNESS

Aches & Pains



JOINT PAIN



NAUSEA & DIGESTIVE ISSUES



HEADACHE



BREAST TENDERNESS



MUSCLE TENSION



DRY & ITCHY SKIN



DENTAL PROBLEMS



BURNING MOUTH



TINGLING EXTREMITIES



ELECTRIC SHOCK