

Symptoms of menopause

Common Symptoms

HOT FLUSHES

LOSS OF LIBIDO

IRREGULAR PERIODS

NIGHT SWEATS

VAGINAL DRYNESS

Psychological Symptoms

IRRITABILITY

PANIC DISORDER

BRAIN FOG

ANXIETY

DEPRESSION

DIFFICULTY CONCENTRATING

MOOD SWINGS

Physical Symptoms

BLOATING

DIZZINESS

PINS & NEEDLES

HAIR LOSS

TROUBLE SLEEPING

TIREDDNESS

ALLERGIES & INTOLERANCES

BRITTLE NAILS

IRREGULAR HEARTBEAT

OSTEOPOROSIS

BLADDER WEAKNESS

INCREASED BODY ODOUR

WEIGHT GAIN

Aches & Pains

NAUSEA & DIGESTIVE ISSUES

MUSCLE TENSION

HEADACHE

DRY & ITCHY SKIN

BREAST TENDERNESS

JOINT PAIN

BURNING MOUTH

DENTAL PROBLEMS

TINGLING EXTREMITIES

ELECTRIC SHOCK