MENOPAUSE SYMPTOMS

Check List

1. IRREGULAR PERIODS
2. HOT FLUSHES
3. NIGHT SWEATS
4. BREAST CHANGES
5. DIFFICULTY SLEEPING
6. BRAIN FOG
7. ANXIETY & PANIC ATTACKS
8. DEPRESSION
9. IRRITABILITY AND IMPATIENCE
10. LOSS OF CONFIDENCE
11. LOSS OF LIBIDO
12. LOW SELF-ESTEEM
13. MOOD SWINGS
14. POOR CONCENTRATION
15. DIGESTIVE ISSUES
16. DIZZINESS
17. DRY ITCHY SKIN
18. HEADACHES
19. HEART PALPITATIONS
20. INCREASED ALLERGIES
21. MUSCLE & JOINT PAIN
22. ORAL PROBLEMS
23. THINNING HAIR
24. TINNITUS
25. TIREDNESS
26. URINARY PROBLEMS
27. WEIGHT GAIN
28. VAGINAL DRYNESS
29. VAGINAL ITCHING & BURNING
30. BODY ODOUR