

Menopause Symptoms

There are at least 30 symptoms of Menopause, but for the majority of us we only think of the common ones such as :

- Hot Flashes
- Night Sweats
- Irregular Periods
- Loss of Libido

Other symptoms include :

Mental Symptoms

- Anxiety
- Depression
- Irritability
- Brain Fog
- Panic Attacks
- Mood swings
- Feeling Low
- Poor Concentration
- Feelings of dread
- Brain Fog

Physical Changes

- Fatigue
- Difficulty Sleeping
- Bloating
- Weight Gain
- Digestive Problems
- Irregular Heartbeat
- Urinary Pain
- Incontinence
- Joint Pain
- Muscle Stiffness
- Breast Pain
- Osteoporosis
- Headaches
- Dizziness
- Hair Changes
- Dry Skin & itchiness
- Facial Hair growth
- Brittle nails
- Tinnitus