

MENOPAUSE

Depression	Emotional	Urinary tract infection	Weight gain	Irregular periods
Lacking energy	Night sweats	Low mood	Paraesthesia	Fatigue
Insomnia	Hot flushes	Tinnitus	Memory lapse	IBS
Anxiety	Headaches	Joint pain	Panic	Breast tenderness
Loss of libido	Irritability	Muscle weakness	High blood pressure	Itchy skin

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Brain Fog	Irritability	Muscle weakness	Paraesthesia	Irregular periods