

MENOPAUSE

Night Sweats - PJ shortage by Tuesday	No Libido	Facial Hair	Itchy - everywhere rubbed raw	OCD about AC
Insomnia - 3 hours sleep is good right?	Constipation	Hairy - like Yeti	Sweary - like a sailor	Emotional Outbursts
Hot Flashes - portable fan in every room	Headaches	BLANK	Afraid to Sneeze - especially at work	Nose hairs
Hair Loss - Meh	Memory Loss - Who are you?	Forgetful - lost keys glasses handbag empty gas tank.	Grey Hair - finally a "grown up"	Crabby Patty
Sleepy - Power napping is real	Brain Fog - No clue what's happening	Moody - cool when you're 18	Anxiety about having anxiety	Temperamental - Moi?

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