42 Menopause Symptoms

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Think Differently, Feel Better

This is a list of menopause symptoms experienced by ladies. Most women are likely to be familiar with a few. The list is to give you an idea of the diversity of symptoms that ladies could experience.

1. Irregular or no periods
2. Unable to become pregnant
3. Hot flushes
4. Night sweats
5. Anxiety
6. Panic attacks
7. Mood swings
8. Irritability
9. Depression
10. Disturbed sleep
11. Insomnia
12. Fatigue
13. Tearfulness
14. Foggy brain
15. Memory loss
16. Weight gain
17. Loss of libido
18. Stress incontinence
19. Vaginal dryness
20. Dizziness
21. Muscle tension

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22 Body odour

23 Electric shocks

24 Gum problems

25 Burning tongue

26 Digestive problems

27 Brittle nails

28 Tingling

29 Dry & itchy skin

30 Joint pain

31 Breast soreness

32 Irregular heartbeat

33 Bloating

34 Hair loss

35 Stiff joints

36 Headaches

37 Suicidal

38 Vagina atrophy

39 Decreased sexual stimulation

40 Allergies

41 Osteoporosis/ Brittle bones

42 Food intolerances or increase in existing intolerances e.g. dairy, gluten

Contact information

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You can also find me on facebook by searching Pebbles Hypnotherapy

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