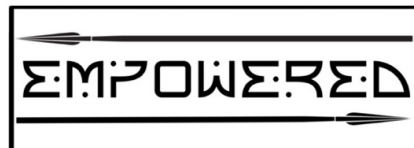


SOME SYMPTOMS OF MENOPAUSE

How a woman experiences menopause is much like how she experiences her menstrual cycle; each woman's experience is unique and different. Some women will experience the telltale hot flush, and others will not. Some women will experience debilitating symptoms; others will not. Menopause is NOT a one-size-fits-all experience.

Fluctuating hormones, as well as the significant drop in estrogen and progesterone, affect nearly every system in a woman's body, including, but not limited to, the reproductive system, endocrine system, central nervous system, immune system, digestive system, cardiovascular system, skeletal and muscular systems, respiratory system, and excretory system.

- Menstrual Cycle Disruptions
- Mood Swings
- Depression
- Brain fog
- Fatigue and Lack of Energy
- Trouble Sleeping
- Weight Gain
- Hot Flashes / Night Sweats
- Pelvic Health Concerns
- Digestive Issues (can also include bloating, burping, and gas)
- Sexual Health Concerns
- Skin Dryness, Breakouts
- Thinning Hair
- Joint & Muscle Pain
- Loss of Bone Density leading to potential osteoporosis
- Loss of Muscle Mass
- Incontinence
- Oral Issues include Xerostomia (dry mouth), Periodontal Disease, and Dysgeusia (altered taste).
- Impaired Vision
- Dryness in some or all Mucus Membranes (eyes, mouth, nose, vagina)



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