

You're not going crazy...it's menopause

Top 40 Perimenopausal Symptoms

1. Hot flashes
2. Cold flashes
3. Night sweats
4. Clammy feeling
5. Heart palpitations
6. Irritability
7. Mood swings
8. Trouble sleeping
9. Irregular periods
10. Low sex drive
11. Dry vagina
12. Fatigue
13. Anxiety
14. Depression
15. Lack of focus
16. Poor concentration
17. Faulty memory
18. Incontinence
19. Itchy, crawly skin
20. Achy joints, muscles
21. Tense muscles
22. Sore breasts
23. Headaches
24. Digestive issues
25. Bloating
26. Allergies worsen
27. Weight gain
28. Hair loss/thinning
29. More facial hair
30. Dizziness
31. Vertigo
32. Changed body odor
33. Electric shock feelings
34. Tingling extremities
35. Bleeding gums
36. Burning tongue/
roof of mouth
37. Chronic bad breath
38. Osteoporosis
39. Weakened fingernails
40. Ringing ears (tinnitus)



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sharon_barrick71 Top 40 in your 40's (or younger)

What have you experienced?

I can check at least 25 off the list that I've been experiencing off and on since my mid 40's.

As women we are in a constant cycle over and over with not much relief except for medical treatments that are invasive and painful for us.

What if I said there's something coming very soon that could help us with all these symptoms! Would you be interested?

Let me know in the comments what



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Let me know in the comments what you suffer are suffering with...

ITS TIME FOR US TO GET LOUD AND BE HEARD!
ENOUGH WITH THE SUFFERING IN SILENCE!

#womenshealth #project23
#GetLoud #womenshealthmatters
#menopause #perimenopause
#cycles #period #periodproblems
#women #female

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