



Diana Cowing

March 13 · 🌐



Ok... don't shoot the messenger 😞

Here is a list of 85+ possible symptoms of menopause:

- Irregular periods
- Hot flashes
- Night sweats
- Sleep disturbances
- Mood swings
- Depression
- Anxiety
- Irritability
- Fatigue
- Body Odor
- Memory problems
- Difficulty concentrating
- Headaches
- Joint pain
- Muscle tension
- Muscle aches
- Vaginal dryness
- Loss of libido
- Pain during sex
- Urinary incontinence
- Urinary tract infections
- Dry skin
- Itchy skin
- Acne
- Hair loss or thinning
- Unwanted hair growth
- Breast tenderness
- Changes in breast size
- Weight gain
- Bloating
- Digestive problems
- Heart palpitations
- Racing heart
- High blood pressure
- Low blood pressure
- Dizziness
- Fainting
- Tingling or numbness in hands and feet
- Osteoporosis
- Joint stiffness
- Brittle nails
- Mouth and gum problems
- Bleeding gums
- Increased sensitivity to allergens
- Increased risk of infections

Low blood pressure
Dizziness
Fainting
Tingling or numbness in hands and feet
Osteoporosis
Joint stiffness
Brittle nails
Mouth and gum problems
Bleeding gums
Increased sensitivity to allergens
Increased risk of infections
Increased risk of autoimmune diseases
Increased risk of cancer
Blurred vision
Dry eyes
Sensitivity to light
Eye irritation
Tinnitus (ringing in the ears)
Vertigo
Dry mouth
Changes in taste and smell
Itchy ears
Hearing loss
Nausea
Vomiting
Constipation
Diarrhea
Gas and bloating
Abdominal pain
Food cravings
Changes in appetite
Reduced sense of smell
Reduced sense of taste
Allergies
Asthma
Arthritis
Chronic fatigue syndrome
Fibromyalgia
Chronic pain
Restless leg syndrome
Insomnia
Hypersomnia
Snoring
Teeth grinding
Bruxism (jaw clenching or grinding)
TMJ (temporomandibular joint) disorder
Carpal tunnel syndrome
Raynaud's disease
Rosacea
Psoriasis
Eczema
Hives

Mind blowing isn't it??? 🤯🤯 I was so surprised that many of my health issues that I was struggling with were on this list.

Is there a symptom there that you are struggling with but didn't associate with Menopause???

I am thrilled to say that these 2 capsules a day will improve so many women's lives... can you say...good bye to sleepless nights 🤯, night sweats 🤯, hot flashes, mood swings 🤯, low libido 🤯... it's Hormone and Soy Free and drum roll - 🥁-affordable 😊

