

103 Symptoms of Menopause:

What symptoms are you experiencing?

Body

- Acidosis
- Adrenal fatigue (exhaustion)
- Allergies
- Bad breath
- Bleeding gums
- Blind spots
- Blood pressure (high and low)
- Blood sugar dysregulation
- Body odor
- Breast pain or tenderness
- Breast size change
- Bruising
- Burning scalp
- Burning tongue and mouth
- Carpal tunnel syndrome
- Changes in body shape
- Changes in sense of smell
- Chills
- Clumsiness
- Cold flashes
- Crawling sensations
- Dizziness
- Double vision
- Dry eyes
- Dry mouth and tongue
- Early waking
- Electric shock
- Fatigue/low energy
- Frequent urination
- Frozen shoulder
- Hard bloated stomach
- Headaches or migraines
- Hearing problems
- Heart palpitations
- High cholesterol
- High or low cortisol
- Hip pain (gluteal tendinopathy)
- Hot feet
- Hot flashes
- Inflammation
- Insomnia
- Internal tremors/vibrations
- Irregular heartbeat
- Itchy ears
- Joint pain (arthralgia)
- Lightheadedness
- Meibomian gland dysfunction
- Metabolic syndrome
- Muscle atrophy (sarcopenia)
- Muscle cramps
- Night sweats
- Non-alcoholic fatty liver disease
- Ocular migraine
- Osteoporosis
- Pain
- Pelvic and rectal pain
- Phantom smells
- Restless legs syndrome
- Runny nose
- Shortness of breath
- Shoulder pain
- Sleep apnea
- Slower metabolism
- Sore nipples
- Tingling extremities
- Tinnitus
- TMJ
- Urinary incontinence
- Urinary tract infections

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What symptoms are you experiencing?

- Vertigo
- Water retention
- Weight fluctuations
- Weight gain

Digestive Health

- Abdominal pain
- Acid reflux (indigestion)
- Bloating
- Burping
- Constipation/gas/bloating
- Difficulty swallowing
- Flatulence (gas)
- Food allergies and sensitivities
- Food aversions
- Food cravings
- Heartburn
- High liver enzymes
- Increased hunger
- Irritable bowel syndrome (ibs)
- Lack of appetite
- Loose stools
- Metallic taste in mouth
- Nausea

Mind

- ADHD
- A feeling of doom
- Anxiety
- Brain fog
- Depression
- Difficulty concentrating
- Feeling emotional and crying
- Health anxiety
- Lack of focus
- Lack of motivation
- Lack of patience
- Lack of self-esteem
- Memory lapse/loss
- Moodiness and mood swings
- Nightmares
- Panic attacks
- Rage
- Sleep problems
- Social anxiety
- Stress

Sexual Health

- Bacterial vaginosis (bv)
- Bladder spasms
- Heavier periods
- Increased libido

- Irregular periods
- Lighter periods
- Loss/low libido
- PMS
- Prolapse (vagina, uterus, rectum)
- Shorter periods
- Vaginal dryness

Skin & Beauty

- Acne
- Brittle nails
- Dry hair
- Dry itchy skin
- Dull skin
- Eczema, psoriasis, and rosacea
- Frizzy hair
- Hair loss
- Hives
- Itching
- Melasma
- Unwanted hair growth
- Wrinkles