

Menopause Transition Symptoms

What is happening to your body? Seek medical advice when you need help.

Temperature

- Hot Flashes
- Night Sweats

Vagina & Urinary Tract

- Dryness
- Leakage
- Painful

herstasis.com
youtube.com/@herstasishealth

Mental Health

- Anxiety
- Concentration
- Depression
- Irritability
- Libido
- Memory
- Mood
- Panic
- Rage

Head

- Dizziness
- Tiredness
- Headaches
- Migraines
- Stress

Body

- Allergies
- Bloating
- Brittle Nails
- Burning Tongue
- Body Odour
- Constipation
- Cramping
- Diarrhea
- Electric Shocks
- Gum & Teeth
- Heartbeat
- Loss of Hair
- Joint Pain
- Sleeping
- Sore Breasts
- Tight Muscles
- Tingling