

34 Menopause Symptoms

Fitness With
Shakira



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| Hot Flashes | Fatigue |
| Night sweats | Anxiety |
| Irregular periods | Insomnia |
| Mood swings | Hair loss |
| Vaginal Dryness | Memory lapses |
| Low Libido | Difficulty concentrating |
| Breast Soreness | Weight gain |
| Headaches | Dizzy spells |
| Burning mouth | Bloating |
| Joint aches and pain | UTI's |
| Digestive problems | Brittle nails |
| Tinnitus | Allergies |
| Muscle pain/ tension | Palpitations |
| Gum problems | Body odour & sweat |
| Tingling in the body | Irritability |
| Itchy/Dry skin | Depression |
| Panic disorder | Osteoporosis |

www.fitnesswithshakira.co.uk