COULD IT BE...
MENOPAUSE?

- Loss of confidence/loss of joy
- Brain fog/fatigue
- Dry eyes/dry mouth
- Mood swings/irritability
- Vaginal or urinary symptoms
- Hot flushes/night sweats
- Mood swings/irritability
- Changes to periods/digestive issues
- Painful aching joints/dry itchy skin
- Palpitations/difficulty sleeping
- Loss of libido
- Anxiety/feeling depressed
- Poor memory/poor concentration
- Anxiety/feeling depressed
- Feeling depressed

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#makemenopausematter