# SYMPTOMS OF MENOPAUSE

HAIR LOSS

IRRITABILITY

MOOD SWINGS

HOT FLUSHES

ANXIETY & DEPRESSION

NIGHT SWEATS

BRITTLE

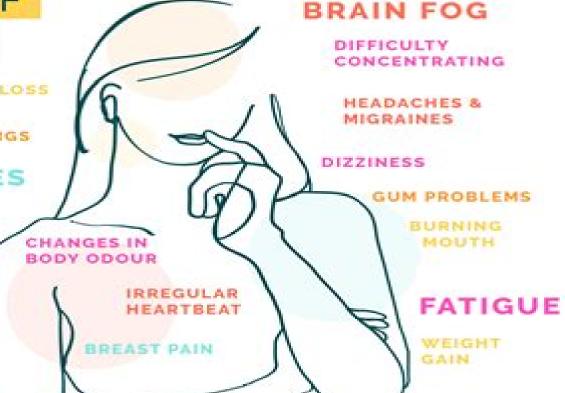
ALLERGIES

INSOMNIA

JOINT PAIN

OSTEOPOROSIS

DRY &



BLOATING

STRESS INCONTINENCE

LOSS OF

VAGINAL

PERIODS

DIGESTIVE PROBLEMS

> TINGLING EXTREMITIES

> > ELECTRIC SHOCKS



# **Sm Mind Over Monopause**

**JG Myers** 

**Sm Mind Over Monopause:** 

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