

## 40 Typical Perimenopausal Symptoms

1. Hot Flashes
2. Night Sweats
3. Irregular Periods
4. Increased pre-menstrual syndrome
5. Loss of Libido
6. Vaginal Dryness
7. Pain during sex
8. Unpredictable Mood Swings
9. Crying Spells
10. Fatigue
11. Hair Loss
12. Sleep Disorders
13. Difficulty Concentrating
14. Memory Lapses
15. Dizziness
16. Weight Gain
17. Incontinence
18. Bloating
19. Allergies
20. Brittle Nails
21. Changes in Odor
22. Irregular Heartbeat - Palpitations
23. Depression
24. Anxiety
25. Irritability
26. Rage
27. Panic Disorder
28. Breast Pain
29. Headaches including migraines
30. Joint Pain
31. Burning Tongue
32. Feeling of Electric Shocks in muscles
33. Digestive Problems
34. Gum Problems
35. Muscle Tension
36. Itchy Skin
37. Tingling Extremities
38. Osteoporosis
39. Dry eyes
40. Blurry Vision



*Living and Leading Fully and On Purpose*

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