

Menopausal Signs & Symptoms

Estrogen Deficiency:

1. Hot flashes
2. Night sweats
3. Foggy thinking
4. Memory loss
5. Tearful
6. Depressed
7. Sleep disturbances
8. Heart Palpitations
9. Head aches
10. Minor Anxiety
11. Temperature swings
12. Decreased sense of sexuality & sensuality
13. Reduced stamina
14. Dry eyes, skin, & vagina
15. Loss of skin radiance
16. Sagging breasts & loss of fullness
17. Pain with sexual activity
18. Weight gain
19. Increased back & joint pain
20. Gastrointestinal discomfort

Estrogen Dominance: (more estrogen than progesterone, however still estrogen deficient)

1. Tender breasts
2. Breast swelling
3. Water retention
4. Nervous
5. Irritable
6. Anxious
7. Weight Gain (Hips or Waist)
8. Headaches
9. Heavy periods
10. Low Libido
11. Fatigue
12. Sugar cravings
13. Sleep Disturbances
14. Pelvic cramps
15. Nausea- (“Start to feel like I did when I was pregnant”)

Progesterone Deficiency:

1. Headaches
2. Low Libido
3. Anxiety
4. Swollen breasts
5. Irritability
6. Insomnia
7. Cramps
8. Inability to concentrate
9. Lack of menstruation
10. Fuzzy thinking

Progesterone Excess:

1. Mild Reaction:
 - Drowsiness
 - Slight dizziness
 - A sense of physical instability

2. Sever Reaction:
 - A feeling of being drunk or spinning
 - Heaviness of the extremities