

<input type="checkbox"/>	<b>Change in Menstrual Cycle</b>	Cycles may get closer together or further apart. Periods can become shorter, longer, heavier or lighter. Clotting may also happen.
<input type="checkbox"/>	<b>Menstrual Flooding</b>	Can come on with sudden onset and feel like you may haemorrhage to death.
<input type="checkbox"/>	<b>Headaches/ Migraines</b>	May be more frequent during peri menopause.
<input type="checkbox"/>	<b>Decreased Motor Coordination</b>	Clumsiness is apparent in many menopausal women.
<input type="checkbox"/>	<b>Physical Exhaustion &amp; Crushing/ Crashing Fatigue</b>	Can come on so suddenly and grip you into feeling like you will collapse unless you stop this instant.
<input type="checkbox"/>	<b>Exacerbation of any Chronic Illness or Existing Condition</b>	You may find existing conditions intensify.
<input type="checkbox"/>	<b>Insomnia</b>	This includes difficulty falling asleep or the inability to return to sleep.
<input type="checkbox"/>	<b>Sleep Disturbances</b>	Caused sometimes by nightmares, night sweats, or just a vague sense of restlessness keeping you up or disrupting your precious sleep.
<input type="checkbox"/>	<b>Night Sweats</b>	Can be a real sleep stealer, especially if followed by damp or sweat drenched chills.
<input type="checkbox"/>	<b>Muscle Cramps</b>	Can occur anywhere in the body from legs to back to neck, and sometimes reflects the need for more calcium, or magnesium, or that your progesterone levels are too low.
<input type="checkbox"/>	<b>Low Backache</b>	Often worsens before or during periods when in peri menopause, but when your hormones remain at low levels, you can experience it on a regular basis.

<input type="checkbox"/>	<b>Gall Bladder Symptoms</b>	Pain, spasms and discomfort felt in the right upper abdominal area under the ribs, which may be accompanied by belching, bloating, and intolerance to certain foods, caused by ineffective bile break down due to low oestrogen.
<input type="checkbox"/>	<b>Frequent Urination</b>	Or sensations that mimic urinary infections.
<input type="checkbox"/>	<b>Urinary Incontinence</b>	The uncontrollable and spontaneous loss of urine can occur suddenly or feel continuous, and not only in response to coughing, sneezing, jumping or running.
<input type="checkbox"/>	<b>Hypoglycaemia</b>	Happens when your blood sugar suddenly crashes and you must have food now.
<input type="checkbox"/>	<b>Food Cravings</b>	Often for sweets or salty foods but can include sour or pungent foods.
<input type="checkbox"/>	<b>Increased Appetite</b>	Especially at night and after dinner. Contributes to that unwanted weight gain.
<input type="checkbox"/>	<b>Dark Circles Under Eyes</b>	Can also be caused by adrenal exhaustion and thyroid dysfunctions.
<input type="checkbox"/>	<b>Joint and Muscle Pain</b>	Achy, Sore Joints, Muscles and Tendons.
<input type="checkbox"/>	<b>Increased Tension in Muscles</b>	Usually in shoulders, neck and lower back.
<input type="checkbox"/>	<b>Increased Hair Loss</b>	Or thinning anywhere on body, including your head, armpits and pubic area.
<input type="checkbox"/>	<b>Increase in Facial Hair</b>	Especially under your chin, or along your jaw line.
<input type="checkbox"/>	<b>Unusually Hair Growth</b>	Around Nipples, between breasts, down your back, places where your hair was finer.
<input type="checkbox"/>	<b>Acne</b>	Can be quite disturbing to get spots and acne at this stage of life.
<input type="checkbox"/>	<b>Infertility</b>	Which can cause grief especially in early menopause, or for women who postponed pregnancy.

<input type="checkbox"/>	<b>Loss of Breast Tissue</b>	This begins with the decrease of hormone production.
<input type="checkbox"/>	<b>Breast Soreness/ Tenderness/ Pain/ Engorgement and swelling</b>	Occurs particularly in peri menopause, a few days before bleeding actually begins.
<input type="checkbox"/>	<b>Painful or tender nipples</b>	Suggests oestrogen excess.
<input type="checkbox"/>	<b>Cold Extremities</b>	Cold fingers and toes can feel quite strange especially in the presence of a hot flush.
<input type="checkbox"/>	<b>Accident Prone</b>	Bumping into things and not even realising it until the bruise reveals itself later and then not remembering how you got it!
<input type="checkbox"/>	<b>Hot flushes/ flashes</b>	The hallmark of menopause with over 75% of women experiencing them.
<input type="checkbox"/>	<b>Night Sweats</b>	Same as hot flushes only at night!
<input type="checkbox"/>	<b>Loss of libido</b>	A gradual or sudden disinterest in sex, which can develop into an actual aversion.
<input type="checkbox"/>	<b>Painful Sex</b>	Soreness and feelings of abrasion during intercourse.
<input type="checkbox"/>	<b>Vaginal Dryness</b>	Irritation and itching sometimes accompanied by a discharge.
<input type="checkbox"/>	<b>Dizziness</b>	Feeling lightheaded and the loss of physical balance or deepening into vertigo or feeling faint.
<input type="checkbox"/>	<b>Ringing in the Ears</b>	Tinnitus, can be experienced as a buzzing, ringing or pulsing sensation.
<input type="checkbox"/>	<b>Abdominal Bloating</b>	Comes on suddenly often after eating or seems to be all the time.
<input type="checkbox"/>	<b>Weight Gain</b>	Disturbs most women, as waist thickens, and weight is harder to lose.
<input type="checkbox"/>	<b>Fluid Retention (Edema)</b>	Swelling can occur in the legs and ankles, though not limited to this area.
<input type="checkbox"/>	<b>Palpitations</b>	Can come on suddenly, without warning. They can be very frightening and leave you wondering if you're having a heart attack.

<input type="checkbox"/>	<b>Irregularities in Heart Rate</b>	Can feel more like your heart has just done a flip-flop or skipped a beat.
<input type="checkbox"/>	<b>Constipation/ Diarrhoea</b>	Can be intermittent or alternating.
<input type="checkbox"/>	<b>Thrush (Candidiasis)</b>	Can increase, even if you have no prior known history.
<input type="checkbox"/>	<b>Gastrointestinal Distress</b>	Increased flatulence, trapped wind, indigestion and nausea.
<input type="checkbox"/>	<b>Slow Digestion</b>	Take longer for food to be digested.
<input type="checkbox"/>	<b>Lack of Appetite</b>	Appetite can diminish during menopause.
<input type="checkbox"/>	<b>Changes in Body Odour</b>	Can cause embarrassment.
<input type="checkbox"/>	<b>Puffy Eyes</b>	Sluggish lymphatic flow and possibly caused by hormone imbalance.
<input type="checkbox"/>	<b>Flare up of Arthritis</b>	May worsen with hormone imbalance and increased sugar intake.
<input type="checkbox"/>	<b>Loss of Bone Density/ Osteoporosis</b>	Triggered by the decline of hormone production.
<input type="checkbox"/>	<b>Skin ageing</b>	Skin health rapidly declines without oestrogen.
<input type="checkbox"/>	<b>Weak Fingernails</b>	Breakage, bending, cracking and getting softer.
<input type="checkbox"/>	<b>Itchy, Crawly Skin (Formication)</b>	A strange sensation, like insects crawling around under the skin.
<input type="checkbox"/>	<b>Loss of Muscle tone</b>	Muscles seem slack and sag and lose previous response to normal exercise.
<input type="checkbox"/>	<b>Pelvic Pain</b>	Can become prominent during post menopause and may feel continuous for some women.
<input type="checkbox"/>	<b>Dry, Itchy Eyes</b>	Deep itching of the eye socket, as well as around the outer eye and eyelids.
<input type="checkbox"/>	<b>Teeth &amp; Gums</b>	Sensitivity and receding or bleeding gums.
<input type="checkbox"/>	<b>Burning Tongue</b>	Can also including a change in breath odour and/or and bad taste in your mouth.
<input type="checkbox"/>	<b>Memory Loss</b>	Or lapses in time. Why did you walk in that room again!
<input type="checkbox"/>	<b>Forgetfulness</b>	Where are my keys, phone, glasses....

<input type="checkbox"/>	<b>Tingling in Extremities</b>	Or pins and needles. This can also be a symptom of B12, potassium or calcium deficiency.
<input type="checkbox"/>	<b>Buzzing or Sensation of Electric Shock</b>	Weird sensation and may signal you're about to have a hot flush.
<input type="checkbox"/>	<b>Increase and worsening of Allergies</b>	You may see a reoccurrence of childhood allergies, or even develop new ones.
<input type="checkbox"/>	<b>Restless Legs</b>	Usually occurs at night.
<input type="checkbox"/>	<b>Heightened sense of smell</b>	It's not unusual for sense of smell to intensify, or to experience strong aromas such as petrol, bleach etc.
<input type="checkbox"/>	<b>Loss of confidence</b>	Comes as a surprise to many.
<input type="checkbox"/>	<b>Low moods</b>	Can be more intense than the normal low moods you experience.
<input type="checkbox"/>	<b>Depression</b>	If low moods last, then it could be a sign of depression. Seek help for this.
<input type="checkbox"/>	<b>Feeling alone &amp; lack of understanding</b>	This can isolate you and you may find yourself withdrawing.
<input type="checkbox"/>	<b>Feeling Antisocial</b>	You may no longer be the social butterfly and prefer to spend time in your own company (even though you may still want the invite!)
<input type="checkbox"/>	<b>Lack of motivation</b>	No desire to do anything. Menopause has stolen your mojo.
<input type="checkbox"/>	<b>Short temper/ irritable</b>	Lack of tolerance.
<input type="checkbox"/>	<b>Anxiety/worry</b>	Worry unnecessarily about things. Even past events may come back to haunt you.
<input type="checkbox"/>	<b>Feeling invisible</b>	Feeling overlooked or not appreciated whether at work, home or socially.