

Perimenopause

Symptoms

- ★ Irregular periods
- ★ Hot flashes & sleep problems
- ★ Mood changes
- ★ Vaginal and bladder problems
- ★ Brain fog
- ★ Weight gain
- ★ Aches & pains
- ★ Reduced sex drive

Source: Mayo Clinic & NHS
@ptmollie



Coping With Perimenopause

SJ Ball



Coping With Perimenopause:

Eventually, you will entirely discover a other experience and ability by spending more cash. nevertheless when? pull off you take that you require to acquire those every needs afterward having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to comprehend even more going on for the globe, experience, some places, in the manner of history, amusement, and a lot more?

It is your extremely own period to undertaking reviewing habit. accompanied by guides you could enjoy now is **Coping With Perimenopause** below.

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