

# INFLUENCED BY MENOPAUSE

## The Body Systems

### Psychological wellbeing

Mood changes  
Heightened flight-or-flight  
Anxiety  
Irritability

### Impact on Self

Self-identity & Self-esteem  
Body-image & Security  
Disordered eating patterns

### Neurological symptoms

Headaches & Migraines  
Dizziness  
Fainting  
Sensory changes

### Cognitive changes

Brain Fog  
Forgetfulness  
Reduced concentration  
Reduced attention  
Dementia

### Fatigue

Low Energy  
Reduced motivation  
Reduced exercise capacity  
Slow recovery

### Hormone Health Obstacles

Smoking  
Alcohol  
Unbalanced nutrition  
(excess sugar, unhealthy fats, high salt)  
Inadequate hydration  
Physical inactivity  
Unmanaged chronic conditions  
Certain medications & remedies  
Recreational drug use  
Environmental toxins

### Sleep disturbance

Insomnia  
Night sweats

### Autonomic dysregulation & Vasomotor symptoms

Hot flushes & sweats  
Temperature dysregulation

### Brain & Nerves

Neurological symptoms  
Cognitive changes  
Psychological impact  
Fatigue  
Vasomotor symptoms  
(see above)

### Eyes

Dry eyes  
Change in vision  
Cataracts

### Thyroid

Underactive or Overactive  
Thyroid dysfunction

### Hair

Hair thinning, breakage  
Hairloss & Greying  
Hormonal body hair growth

### Heart & Circulation

Cardiovascular disease risk  
Elevated Cholesterol  
Elevated Blood pressure  
Increased atherosclerosis  
Poor circulation  
& blood cell production  
Heart Palpitations  
Orthostatic intolerance  
Iron deficiency

### Liver & Gallbladder

Increased oxidative stress  
Impaired Detox / metabolism  
Gallstones  
Gallbladder attacks

### Skin & Nails

Dryness, Dullness,  
Sensitivity, Irritation & Rashes  
Increased fine lines & wrinkles  
Acne breakouts, Rosacea  
Weak & Brittle Nails  
Body Odour

### Pancreas

Impaired glucose metabolism  
Insulin resistance  
Increased risk of diabetes

### Adrenals

Adrenal Fatigue  
Cortisol dysregulation  
Androgen production  
Heightened stress response

### Renal & Bladder

Frequent urination  
Incontinence  
Recurrent UTIs  
Nocturia - Night urination  
Painful urination

### Uterus & Ovaries

Irregular periods or No Periods  
Erratic / Unpredictable periods  
Heavy periods  
Painful periods  
Endo flares  
Premature ovarian failure

### Vagina

Vaginal dryness,  
itching, stinging, pain  
Decreased tissue laxity  
Sexual dysfunction  
Pain with sex  
Reduced Libido, Desire, Arousal  
Reduced vaginal lubrication  
pH dysregulation

### Ears, Nose & Throat

Teeth & gum issues  
Burning tongue  
Taste & Smell changes  
Sinus & congestion issues  
Hearing loss, Tinnitus, Vertigo  
Snoring & Sleep Apnoea  
Bad Breath

### Breast changes

Breast tenderness  
Reduced glandular tissue

### Stomach

Slow gastric emptying  
Acid reflux & heartburn  
Appetite change  
Cravings

### Weight Changes

Increase in adipose fat tissue  
Increased visceral fat around organs  
Increased central weight gain  
Weight fluctuation  
Increase risk of metabolic disease

### Spleen, Thymus & Lymphatic System

Immune system dysregulation  
Increased Inflammation  
Increased Autoimmune &  
Rheumatological conditions  
Allergies & sensitivities  
Histaminic reactions

### Gut

Brain-gut-axis dysregulation  
Bowel motility issues  
Gut Microbiome dysbiosis  
Constipation, Diarrhoea  
Bloating & flatulence  
IBS-type symptoms  
Food intolerances or sensitivities

### Musculoskeletal

Osteoporosis - Bone loss  
Sarcopenia - Skeletal muscle loss  
Reduced strength & flexibility  
Joint inflammation  
Joint pain, stiffness, Muscle ache  
Restless legs & muscle cramps  
Osteoarthritis  
Muscle, fascia, cartilage & tendon injuries  
Costochondritis, Plantar Fasciitis  
Frozen Shoulder, Bursitis  
Core Instability & Poor posture

### Possible Deficiencies

Iron  
B12 & Folate  
Vitamin D & Calcium  
Magnesium



pause  
PROJECT