

NATURAL
menopause



QUIZ

ARE MENOPAUSE SYMPTOMS AFFECTING YOUR HEALTH AND QUALITY OF LIFE?



Check all that apply to you.

- I am worn out most days
- I experience hot flashes
- I experience night sweats
- I fear that when I sneeze, I'll have bladder leakage
- I feel like my brain is foggy
- I frequently feel panicked or anxious
- I have excess belly weight
- I have vaginal dryness or burning
- I haven't had my period in 12 consecutive months
- I struggle to lose weight

- I'm not sleeping well
- My sex-drive is in the toilet

ANALYZE YOUR RESULTS

The above are some of the sign's women experience during menopause. While menopause is a natural transition all women make, it doesn't mean that you should tolerate symptoms that are interfering with your health and happiness.

If you checked:

- **1-2 boxes:** You have very few symptoms of menopause. However, you should take steps to balance your hormones now. An ounce of prevention is worth a pound of cure.
- **3-5 boxes:** You have some symptoms of menopause, it's time to make some changes.
- **6 + boxes:** You have numerous signs of menopause that are affecting the quality of your life, ask your doctor for a full sex hormone panel, including stress and thyroid hormones.

This quiz is not intended to diagnose. The intent of this quiz is to raise awareness of how menopause symptoms may be affecting the quality of your life.

Here's to your hormone health!

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