

Menopause Thyroid Solution

OVERCOME MENOPAUSE BY SOLVING YOUR HIDDEN THYROID PROBLEMS

PERIMENOPAUSE/MENSTRUAL TRACKING CHART

| | JAN | FEB | MAR | APR | MA | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
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CHART KEY:

LF: light flow

CR: cramps

VO: vaginal odor

NS: night sweats

HD: headache/migraine

HF: heavy flow

BR: brown menstrual color

VI: vaginal itching

CV: cravings

IN: insomnia

CL: clots

VD: vaginal discharge

FL#: hot flashes (#)

BL: bloating

FT: fatigue