

5 Menopause Miseries:

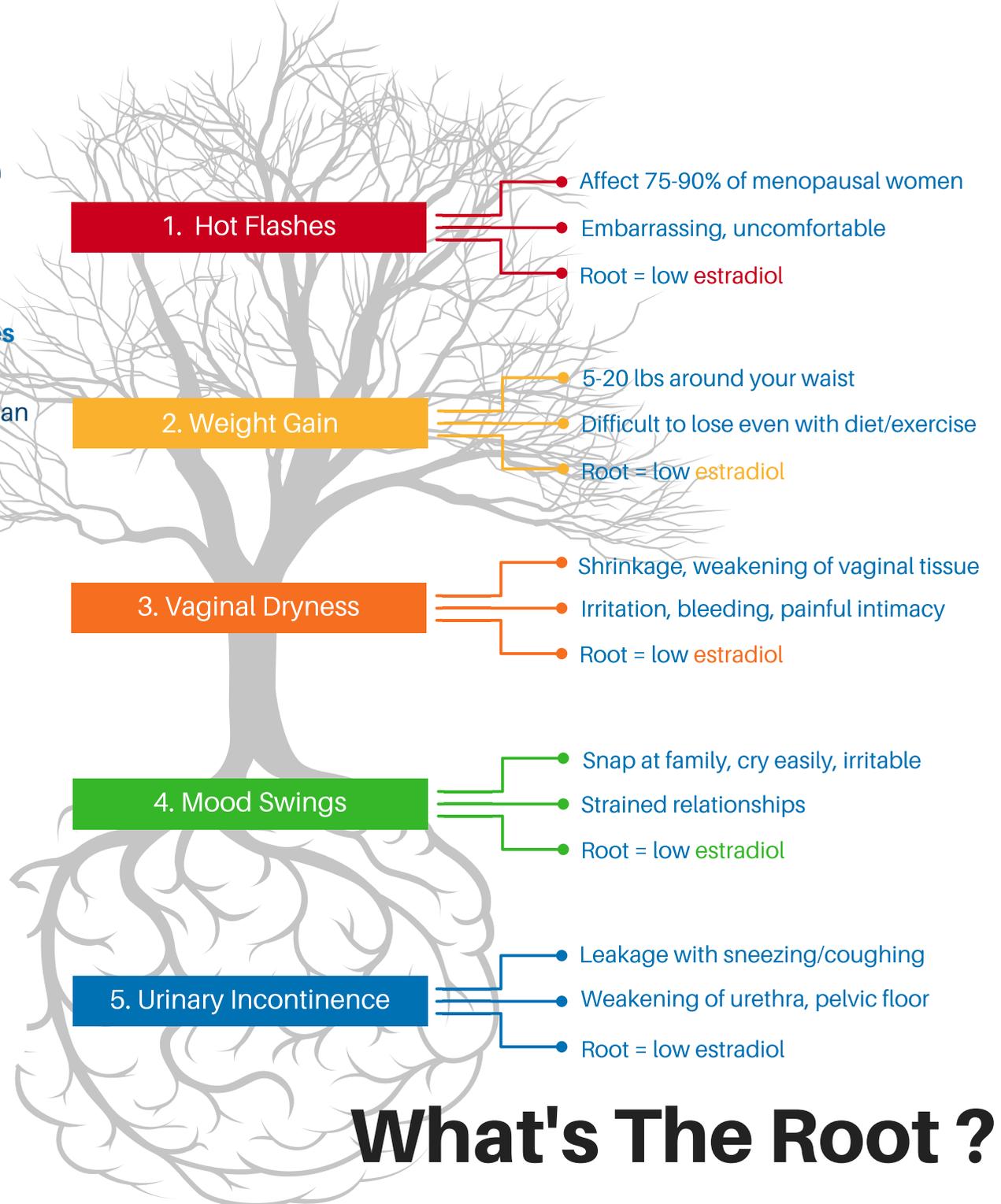
Symptoms caused by the loss of hormones

5 of the horrible symptoms of menopause can make life hell. Menopause affects work, relationships, sleep, self-image, even sex.

- Frustrating hot flashes and night sweats
- Weight gain you just can't shake
- Vaginal dryness and painful intercourse
- Irritability and mood swings
- Leaky bladder

All these menopause miseries (and more) come from the same **root cause** - a dramatic decrease in levels of your most important estrogen - **estradiol**.

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What's The Root ?

5 Menopause Miseries:

Optimal Estradiol Solves Symptoms

Eliminate symptoms by replacing missing estradiol with the hormone that's exactly the same.

Non-hormone treatments don't address the root cause of menopause, the loss of estradiol

- Estradiol eliminates hot flashes
- Estradiol makes losing weight easier
- Estradiol makes sex less painful
- Estradiol stabilizes moods
- Estradiol improves bladder control

Optimal estradiol levels (not too high or too low), along with optimal progesterone, reduce your long-term risks for cancer, heart attack, osteoporosis, and Alzheimer's.

For more clear & simple hormone education, enroll in **Journey to Optimal Hormones**. It's an easy-to-use video program that explains hormones. Accessible on any device 24/7/365, visit <https://learn.hormonepharmacist.com/> for more details.

