

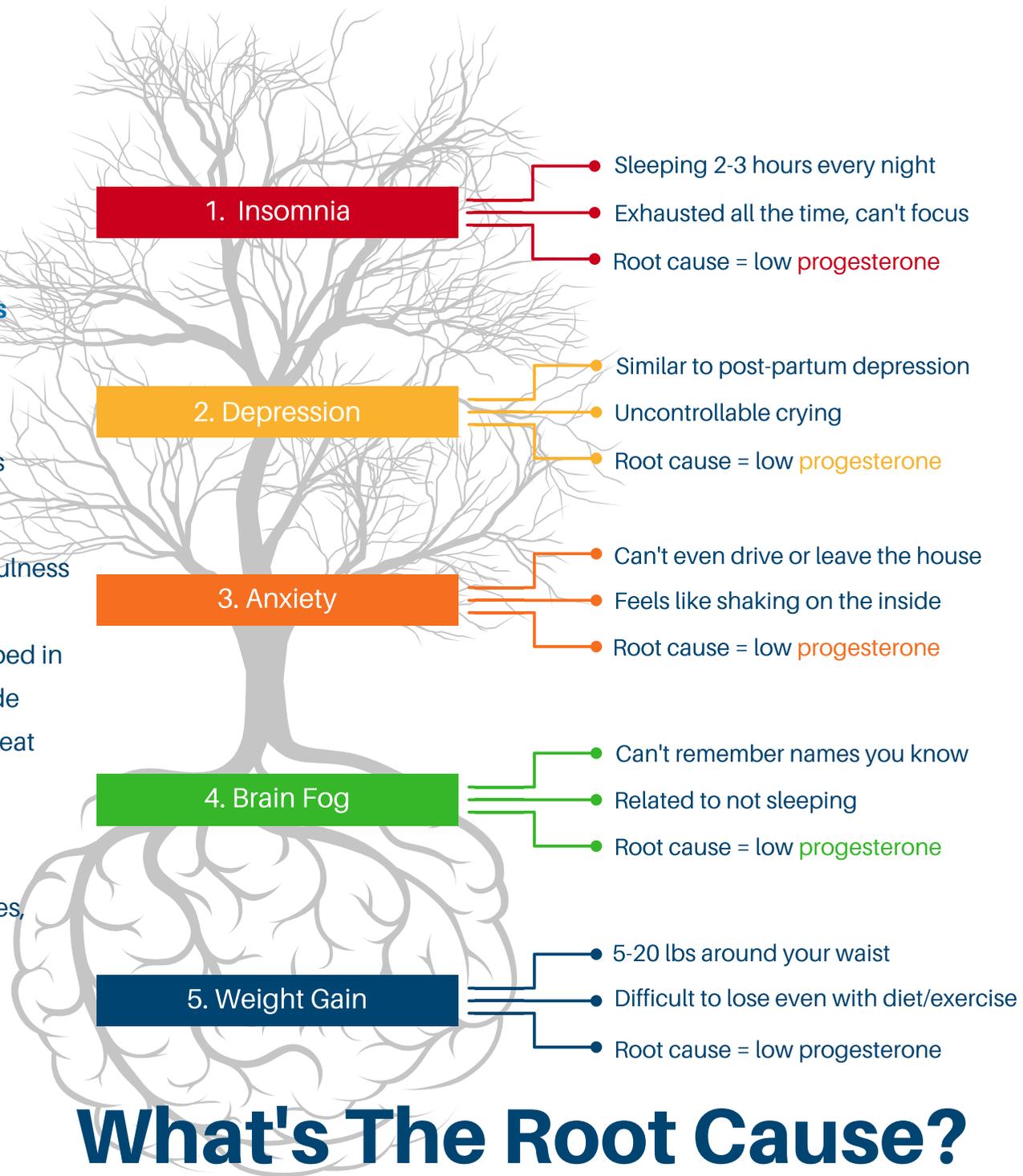
# 5 Menopause Miseries:

## Symptoms caused by the loss of hormones

Five of the most exhausting symptoms of menopause can make life unbearable. The worst of them can make you wonder if there's any hope that you'll ever get your life back.

- Lack of sleep causes brain fog and forgetfulness
- Depression makes you feel hopeless
- Paralyzing anxiety can make you feel trapped in the house, afraid to drive or even go outside
- It's so hard to lose weight, even when you eat clean and exercise every day

Each of these symptoms has the same root cause - a dramatic decrease in your hormones, especially your level of **progesterone**.



# 5 Menopause Miseries:

## Optimal Progesterone Makes The Difference

Non-hormone treatments for menopause don't address the root cause, the loss of hormones. By replacing missing progesterone with the exact same hormone, symptoms are eliminated.

The right level of progesterone (not too high, not too low) means you can

- Sleep through the night and awaken rested
- Forget brain fog, remember the important things
- Experience freedom from depression and anxiety
- Maintain a healthy weight
- Go outside and be active with family and friends
- Get your life back

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.

