



## THE AVITA MENOPAUSE CHECK LIST

Is this You? Do you suffer from...?

- rapid weight gain especially in the tummy
- unexplained joint pain
- raging hot flashes
- insomnia, often waking between 3 to 4:00 a.m.
- foggy thinking or lack of clarity
- mood swings and unexpected irritability
- inability to release unwanted weight
- vaginal dryness and painful intercourse
- unpredictable high levels of anxiety
- extremely low libido and lack of desire
- repeated night sweats that leave you soaked
- high levels of fatigue, especially mid afternoon

### HORMONE TESTING & WEIGHT LOSS

call/text: 416-884-8444

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[www.hormonetesting.ca](http://www.hormonetesting.ca)   