

Menopause Thyroid Solution

OVERCOME MENOPAUSE BY SOLVING YOUR HIDDEN THYROID PROBLEMS

MONTHLY MENSTRUAL TRACKING CHART

MONTH: _____

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31: _____

Be sure to note...

cramps	cravings	bloating	headache/migraine
hot flashes	night sweats	insomnia	excessive fatigue
normal bleeding	heavy bleeding	spotting	clots
unusual menstrual color	discharge	vaginal odor	vaginal itching