SYMPTOMS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Aches and pains																															
Acne, oily skin																															
Allergies																															
Anxiety																															
Breast tenderness																															
Cold hands and feet																															
Decreased sex drive																															
Depression																															
Dry eyes																															
Dry skin																															
Dry, brittle hair																															
Endometriosis																															
Fat gain																															
Fatigue																															
Fibrocystic (lumpy) breasts																															
Foggy thinking																															
Gallbladder pain																															
Hair Loss																															
Headaches																															
Heart Palpitations																															
Hypoglycemia (low blood sugar)																															
Hot flashes																															
Incontinence																															
Insomnia (inability to sleep)																															
Irritability																															
Memory loss																															
Migraines																															
Muscle weakness																															
Night sweats																															
Osteoporosis																															
Ovarian cysts																															
Oversensitivity																															
Painful intercourse																															
PMS																															
Talking excessively																															
Thinning Skin																															
Urinary tract irritation and/or infection																															
Uterine fibroids																															
Vaginal dryness																															
Water retention, bloating																															
Weepiness																															
Weight gain																															

DAYS