

balance

Change is inevitable - how you handle it isn't



Did you know that headaches, joint pains, trouble sleeping, hair loss and dry skin are all symptoms of the perimenopause?

Hormones affect all aspects of your body and wellbeing. Signs that hormones are changing usually start in your mid-40s or earlier, even if you're still having periods.

Looking for knowledge and evidence-based guidance so you can be certain about what's right for your body during the perimenopause and the menopause? Look no further.

Brought to you by renowned menopause specialist, Dr Louise Newson, the free balance menopause support app allows you to track your symptoms, access personalised expert content, join experiments, share stories and lots more.



www.balance-app.com



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