



Unexpected aches & pains?

Do you feel like your body has suddenly become very old? Do you have a stiffness and achy feeling in your joints that just isn't going away? This is a very common symptom of the fluctuating and falling hormones that happen in the perimenopause and menopause.

balance

the menopause support app
by Dr Louise Newson

Aches & pains, along with various other symptoms, occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

Half the population will go through the menopause. Change is inevitable but how you handle it isn't.

For evidence-based information and support during your menopause journey, download our free *balance* app on the App Store or Google Play.

