

# Download Menopause Weight Gain Solutions

Menopause, by definition, is the absence of menstrual periods for 12 consecutive months. The age of onset varies for each woman. Menopause symptoms include hot flashes, night sweats, abnormal vaginal bleeding, vaginal itching, dryness, and pain, urinary symptoms, weight gain, acne, skin texture changes, and mood changes. Perimenopause, or menopause transition, begins several years before menopause. It's the time when the ovaries gradually begin to make less estrogen. Learn more about early signs of menopause symptoms, perimenopause and menopause symptoms, physician-recommended prevention and natural treatments for women's health problems. Menopause Reset! is the revolutionary, scientifically-proven program that helps women control the physiological effects of perimenopause and menopause with mind, diet, and exercise solutions that keep blood sugar levels stable and bodies in the fat-burning zone all day long.