

MENSTRUAL SYMPTOMS: (For Menstruating women)

Breast tenderness?	
Fluid retention?	
Cravings?	
Menstrual cramps?	
Bloating?	
Anxiety?	
Insomnia? Sleep disturbances?	
Heart palpitations?	
Mood swings?	
Weight gain?	
Headaches?	
Fatigue?	
Irritability?	
Depression?	
Forgetfulness?	

Your Score :

If you score ≥ 8 ; the its time for you to consult your doctor