



Brain Fog and Menopause

by NEWLIFEOUTLOOK TEAM

Tips to Keep Sharp

Your body goes through an incredible and transformative change as you transition into menopause, and this evolution can cause significant stress on the brain. What results is fatigue and difficulty organizing thoughts ,which only exacerbates an already frustrating and sometimes painful experience. This infographic outlines some techniques that may help with at least some of the cognitive difficulties of menopause.

