

Menopause lookalikes: Symptom comparison

Symptom Area	Menopause (low oestrogen)	Liver dysfunction	Hypothyroidism	Hyperthyroidism	Adrenal dysfunction
Energy	Fatigue, poor sleep	Fatigue, brain fog	Fatigue, sluggish, sleepy	Restless, jittery energy, insomnia	Wired but tired, afternoon crash
Mood / mind	Irritability, low mood, anxiety	Brain fog, irritability	Low mood, flatness, poor concentration	Anxiety, irritability, nervousness	Mood swings, overwhelm, poor stress tolerance
Weight	Weight gain (esp. around middle)	Fluctuations, poor fat metabolism	Weight gain, hard to lose	Weight loss despite normal appetite	Weight gain (esp. belly) or loss, from stress
Temperature	Hot flushes, night sweats	Occasional sweats if liver overburdened	Always cold, intolerance to cold	Always hot, sweating	Can feel cold in the morning, hot at night
Sleep	Night sweats, early waking	Poor detox may disturb sleep	Excess sleepiness, still tired after rest	Insomnia, racing thoughts	Trouble winding down, 'second wind' late at night
Skin and hair	Dry skin, thinning hair, wrinkles	Itchy skin, rashes, yellow tinge	Dry skin, brittle nails, hair loss (outer eyebrows)	Fine/thinning hair, skin changes	Dull skin, dark circles under eyes
Digestion	Bloating, slowed digestion	Nausea, indigestion, pale stools, dark urine	Constipation	Frequent bowel movements/diarrhoea	Sugar cravings, poor blood sugar balance
Other clues	Irregular/absent periods, vaginal dryness	Easy bruising, jaundice, swelling	Puffy face, slow heart rate, goitre	Palpitations, tremors, bulging eyes, goitre	Dizziness on standing, reliance on caffeine, frequent infections