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**julieannes\_perspective** I am exhausted from all the emotions I've been experiencing today. Tears of joy, relief, excitement, and hope.

If you had seen what I saw this morning I'm willing to bet you'd be feeling the same way.

What many of you may not be aware of is that I have been struggling with my menstrual cycle and hormone health for most of my adult life. I have tried everything from diet, to herbs, to acupuncture, to hormone creams... you name it. And yet every month it persists and I feel like I miss out on one week of every month.

My story is not unique.



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My story is not unique.

It's a universal story of generations of women. One where period stigma or lack of information about our cycles, as well as cultural and societal views about menstruation, have made it difficult to discuss what's happening with our bodies - let alone find solutions.

Whether you're dealing with unpredictable menstrual cycles, terrible PMS, cramping, low libido, hormonal skin issues, occasional hot flashes or night sweats, we often just accept it as simply part of being a woman.

NOT ANYMORE.



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NOT ANYMORE.

After years of praying for a natural solution that doesn't involve hormones (been there done that and suffered more for it), I am beyond ecstatic to be getting early access to our brand new women's health line. There are 2 formulas - one for menstruating women 🩸 and one for post menopausal women.

This is a product category that does not exist in the marketplace yet. It is going to change lives (and marriages).

If you are a woman (or know a woman) who could use help with their hormone health, drop the time



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If you are a woman (or know a woman) who could use help with their hormone health, drop the time you saw this post and I'll reach out with a sneak peek of what has me so fired up 🔥

It is about damn time we supported and empowered women to reinvent their hormone stories, optimize how they experience their cycles and the transition into menopause 🙌

[#endperiodshame](#)

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