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lindijwhite When we don't know what's going on with our body, it can be scary. It may be natural, but it is still a change. "THE CHANGE" Learn about what happens when you approach peri-menopause and the menopausal stage. Be empowered by knowing what to expect and what can help you through it. Are you experiencing any of these neurological symptoms? Relief is in sight! Ask me about Project 23. #menopause #perimenopause #hotflashes #lifecycle #mentalhealth







#liquidcollagen

#fatigue

#energy



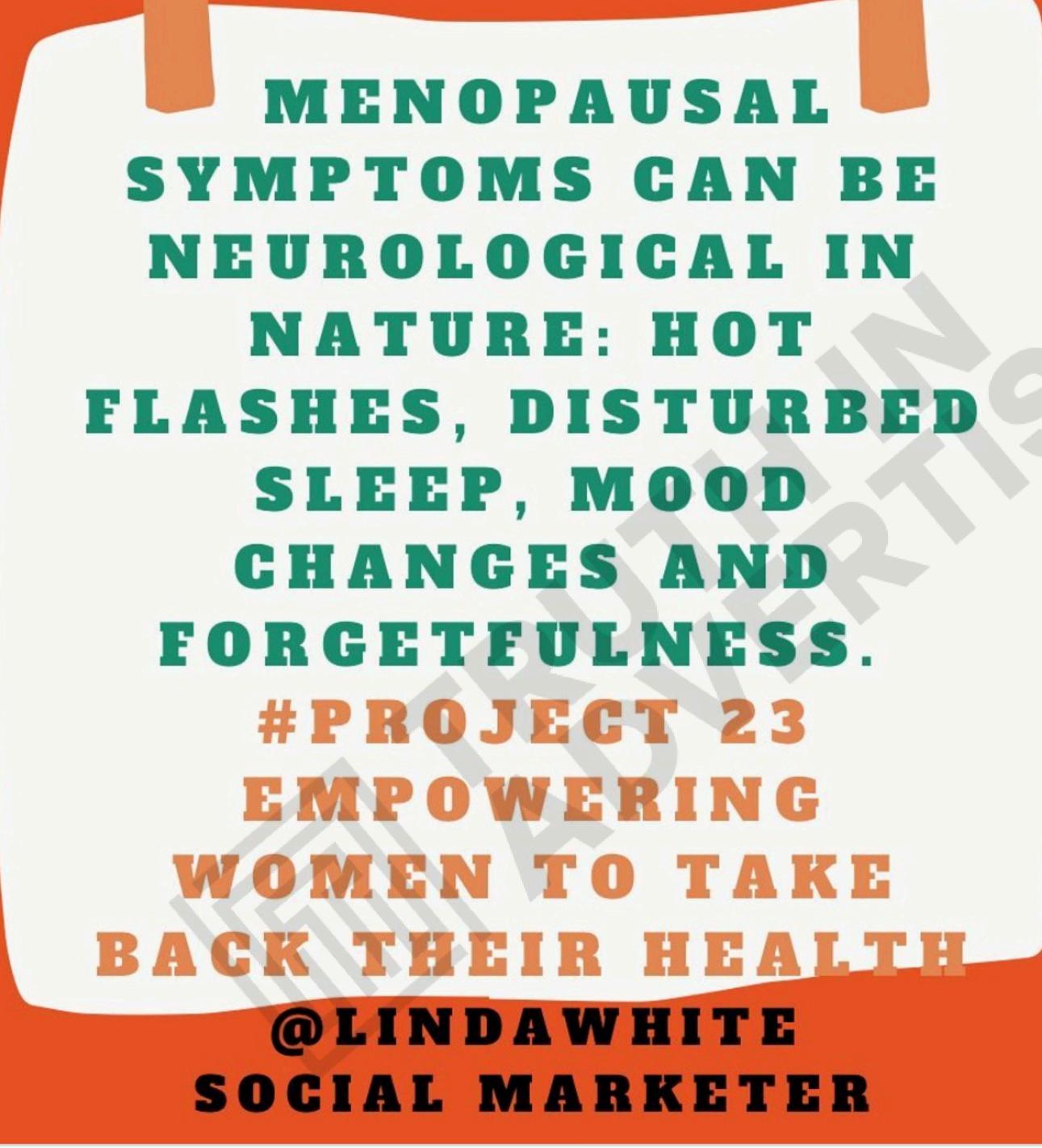
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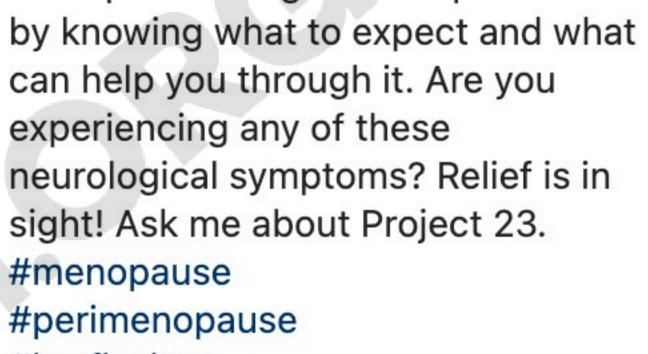
MENOPAUSAL SYMPTOMS CAN BE NEUROLOGICAL IN NATURE: HOT FLASHES, DISTURBED SLEEP, MOOD CHANGES AND FORGETFULNESS. #PROJECT 23 WOMEN TO TAKE

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BACK THEIR HEALTH



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