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rachelblachford I am exhausted from all the emotions I've been experiencing this weekend. Tears of joy, relief, excitement, and hope.

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

What many of you may not be aware of, is how many women, including myself, have been struggling with menstrual cycles, hormone health, mood swings, irritability and just feeling not themselves for a week out of every month for most of our lives. Most women will also admit that they have tried everything from diet, to herbs, to acupuncture, to hormone creams... And yet every



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hormone creams... And yet every month it persists and makes women feel like they miss out on one week of every month.

This 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



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hormonal skin issues, occasional hot flashes or night sweats, we often just accept it as simply part of being a woman.

NOT ANYMORE.

After years of praying for a natural solution that doesn't involve hormones, 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).



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marriages).

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 their transition into menopause 🙌

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