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terrilynnbond So many times I used the this Bible verse to help me control my sharp-tongued woman-words toward Mike:

The wise woman builds her house, but with her own hands the foolish one tears hers down. ~ Proverbs 14:1.

Many times, with all my strength plus the power of the Holy Spirit, I was able to control the beast within and not tear down my own house (my marriage).

But sometimes the she-beast was beyond my control, and those were terrifying times. Such unexplainable anger that could not be chalked up



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terrifying times. Such unexplainable anger that could not be chalked up to my Irish heritage nor blamed on my upbringing! Maybe an infraction on Mike's part but not warranting such a volcanic eruption from me!

And the constant undercurrents of irritation with my own kids, whom I loved more than life and for whom I prayed before their conception—and the heaps of mom guilt that brought!!

And most of the time, when the storms blew over and the skies cleared, ah! There it was! My time of the month. 😞

How can such microscopic



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How can such microscopic hormones cause such a huge disturbance in the Force— and how much of this was my fault? Guilt and shame and consternation!

So why do I look so excited in this picture? Because HELP IS ON THE WAY for women like me! I'm past the age of the She-Monster, praise God!, but my daughters and granddaughter are not.

And I still deal with different hormonal challenges, such as poor sleep, crazy ITCHY skin, low libido (sorry, but it's common!) and why did I walk in here brain fog. And HELP IS ON THE WAY for me too!

... ..



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sleep, crazy ITCHY skin, low libido (sorry, but it's common!) and why did I walk in here brain fog. And HELP IS ON THE WAY for me too!

1. You can hear from product testers in our P23 presentation tomorrow night at 7 ct in my health community. Drop "HH" to reserve your seat.

2. I'll be grabbing my P23 formula in two days (not yet available to the general public) and will have a chance to get some extras. Drop "help" to see how you can snag one from me.

[#project23](#)
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1w



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