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this.exceptionallife Ladies, please listen:

By the time we reach post menopausal age, we have endured (on average) 38 years of symptoms just because we are female. All the things associated with "just being a woman" have been considered "normal". I'm sorry, but while the biological process is normal, the cramps, bloating, heavy flow, tenderness, loss of libido, thinning hair, memory lapses, dryness everywhere, hot flashes, night sweats, insomnia (any more I should mention?) do not have to disrupt our lives.

What if - these symptoms are NOT normal.

What if we could STOP fighting them



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normal.

What if we could STOP fighting them and start empowering them without the use of hormones or soy iso flavones?

I am so excited and GRATEFUL to be part of a launch/movement to help over 1 BILLION women start normalizing the conversations and stop normalizing the symptoms.

I can't wait to share more very soon!! In the meantime - I want to hear from you, what symptoms did I miss?

Let's start talking.

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flavones?

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