



equelleofficial



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#Sponsored. I just arrived home from the Islands of Loreto in Baja California, Mexico. Average temperature was in the mid 90's with humidity at about 65%. My iPhone told me that feels like 104 degrees. Truthfully, in the last couple years, traveling to a hot destination got even hotter....

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Hitting my 5th decade of life has brought a new hurdle for me --- menopause. One of my biggest symptoms with menopause is hot flashes. When I travel to a hot destination they seem to happen more often and last longer.

*

A hot flash isn't just a moment of feeling hot. It can be 30 minutes or more where



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my body is overheated and I sweat (like I just ran a mile in the sun). As uncomfortable (and sometimes embarrassing) as hot flashes are, I would never let them stop me from traveling to beautiful hot weather destinations. *

In honor of

#MenopauseAwarenessMonth I teamed up with @EquelleOfficial to share their hormone-free[‡] supplement that helps to reduce frequency of hot flashes.[†]

Equelle[®] has also been clinically shown to help relieve muscle aches related with menopause. [†] The biggest plus is that you don't need a prescription; you can find the Equelle[®] menopause supplement online on their website.

*

I have to admit I thought sharing my menopause symptoms would be



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embarrassing, but it actually feels empowering! It's part of our lives as women and I encourage you to share your menopause story! Visit the link in my bio to hear from other women and share your own experience using the hashtag #LiveHotStayCool *

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#menopause #hotflashes
#perimenopause #equelle
#travelblogger #travelwriter #travelgram
#loreto #vamosaloreto #visitbajasur
#mexico #viaje #visitmexico
#travelmexico #bajacaliforniasur
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#adventureseeker †Free from human or animal hormones. Contains trace amounts of isoflavones, a type of naturally occurring plant hormone.
†These statements have not been



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