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#ad I've always loved fashion and making bold statements with my outfits through color and shape. When I was in my twenties and early thirties, I wore whatever I liked. Everything always fit perfectly and I didn't consciously make selections to hide flaws or worry about getting too hot. I never anticipated that one day I would have to make adjustments to my outfit choices to compensate for the "change" in my body shape and temperature. Thanks, menopause. Because of you, now when I make fashion choices, my priorities are completely different.

I've been enduring menopause symptoms ever since I had a hysterectomy twenty years ago, when I was 35. I live in sunny south Florida, where the weather is always hot and



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was 35. I live in sunny south Florida, where the weather is always hot and humid. Add hot flashes into the mix, and sometimes it's just unbearable. I know that hormone replacement therapy is one choice many women make to alleviate hot flashes and other menopause symptoms. However, I have never taken hormones because I don't think they are the right choice for me. I love the idea of a supplement to help me get some relief from the hot flashes I've been suffering for so long. EQUELLE® is a hormone-free[‡], non-prescription dietary supplement that helps address several symptoms of menopause.[†] Thanks to @EquelleOfficial, I can choose a non-hormonal[‡] remedy over choosing to just live with these menopause symptoms. You can, too. We can enjoy life despite



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hormonal remedy over choosing to just live with these menopause symptoms. You can, too. We can enjoy life despite hot flashes, and I can finally enjoy the warm Florida weather! Help me and EQUELLE® empower women in menopause by sharing your own story using the hashtag #LiveHotStayCool. Learn more about the Live Hot, Stay Cool campaign by visiting the link in my bio.

*Free from human or animal hormones. Contains trace amounts of isoflavones, a type of naturally occurring plant hormone.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Link in bio for more information!!



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