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chenoamaxwell Edited · 146w

#Ad- A well lived life is a curated life. That means activating the things that support your well-being like nutrition, mental health, exercise, travel, etc., you know, the self-care part of life.

Not too long ago, I had to begin curating support for the process of pre-menopause. It is a beautiful part of the female journey to embrace but, when I set out to find products and information that would help me navigate the process, I was shocked and surprised at how little there was. In true Live Limitlessly mindset, I set out to find products and education sources, and of course I am here to share the good and great and spare you from the rest.



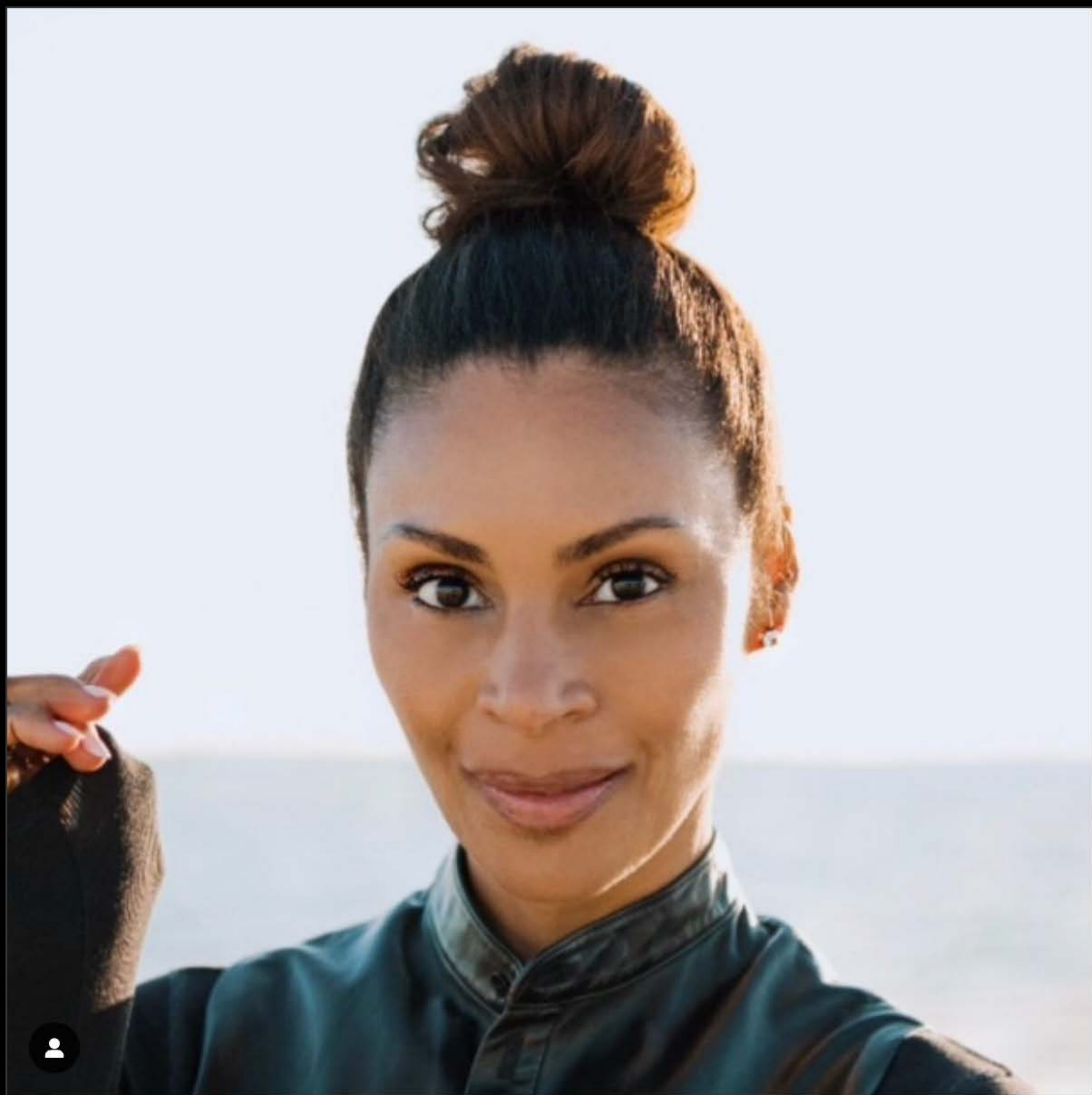
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@equelleofficial is one of those brands to put on your list for self-care. They offer a non-prescription supplement that helps provide pre-menopause/menopause symptom relief[†]...you know, hot flashes, restless sleep, and so on and so on.

I really like EQUELLE because it is hormone free[‡], and I chose it because of its plant-based S-equol, which mimics estrogen in my body. I've just started integrating it into my routine, so stay tuned for more posts on how it goes and what I think about the experience. Check out the link in my bio!

#menopause #wellness #over40
#healthy #happy #well #Equelle
#MenopauseConvo
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