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#ad Getting older. It's a fact of life, one that I'm right in the middle of. It's times like these that I miss my mom most. Being able to talk to her about aging and what she went through with early menopause is something I'll never be able to do. These are things not often talked about out in the open, but we as women should change that.

Yes, menopause is a reality for many of us, even in our 40s, but it's not stopping me from living life to my fullest and traveling the world. From Alaska to Turks and Caicos, and Kauai to Rome, my calendar is always full of adventure. There may be hot flashes (and lots of questions asking my family "is it just me?"), and there may be a few mood swings, but I'm still out making



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swings, but I'm still out making memories with those I love.

I have chosen to not think about using hormones at this stage in my life, but you should know that there are hormone-free<sup>‡</sup> options out there to consider, like @EQUELLEofficial. EQUELLE<sup>®</sup> is hormone free<sup>‡</sup> and clinically shown to alleviate the frequency of hot flashes and muscle aches caused by menopause.<sup>†</sup> Getting older is one adventure we don't have to suffer through. Let's start the conversation. Share your menopause story with #LiveHotStayCool. Check out the stories of other women at the link in my bio. <sup>‡</sup>Free from human or animal hormones. Contains trace amounts of isoflavones, a type of naturally occurring plant hormone. <sup>†</sup>This statement has not



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