

EQUELLE



doms_chick · 24h

Equelle has worked for me! I have not had a hot flash or night sweats since starting it! I have been taking it for 10 months now.

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Healthy Holidays with Menopause

Take a deeper look at a few menopause symptoms and how to deal with them including fatigue, hot flashes, weight gain, and mood swings.

🤔 Hot Flashes

Estrogen depletion, a common part of menopause, is often the cause of hot flashes, though they aren't exclusive to pre- and post-menopausal women.

Keep your daily supplement routine consistent to keep the hot flashes at bay. You can also...

👕 Begin to dress in layers; by removing layers, you can help convince your body



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December 13, 2023



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👕 Begin to dress in layers; by removing layers, you can help convince your body that the temperature fluctuation has passed.

🥦 By maintaining a healthy weight, you can also help to mitigate hot flash symptoms.

❄️ Sleeping in a cooler environment than usual in order to stay comfortable and asleep during a flash.

Don't suffer in silence. You deserve relief.

Follow us for more on how to have a healthy holiday.

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