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Did you know that 84% of menopausal women in the U.S. experience disruptive menopause-related symptoms? @lorrainecladish was caught off guard when hers kicked in, and now as a partner in our "Live Hot Stay Cool" campaign, she is advocating for more conversation around the topic. Join her using #LiveHotStayCool – because we all have so much to learn from one another!

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#Regram

#ad I am fortunate that I did not experience menopause symptoms until I was 51. When they started, though, it was tough. They hit me hard. Extreme fatigue - bone crushing fatigue - insomnia, night sweats, hot flashes



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insomnia, night-sweats, hot flashes, anxiety, panic attacks, mood swings, vaginal dryness, palpitations, you name it. I could not believe just how crippling these symptoms felt. I'd never really had a bad experience with monthly periods, so I was surprised and shocked at how hard menopause symptoms hit me. I know it's not so for every woman, and that's great, but for those of us who suffer more severe symptoms, it's hard. I shared my experience online and, definitely, at home. My husband, my kids, even my father, know probably more than they'd care to, about my menopause. When my daughters reach this time in life, they will certainly not be in the dark about it! I have always had to be proactive about improving my health, because it's challenging to work hard and be a good mom, while also not



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and be a good mom, while also not feeling like yourself. In one week of experiencing menopausal symptoms, I was at the doctor's office asking what I could do to counteract it all (if only the answer was that simple)! At 56, hot flashes and night sweats are still a part of my daily life, but I won't let them interfere with my enjoyment on or off the yoga mat. Yoga has helped me a lot, but there are other things we can try to offset the discomfort of menopause. That's why I'm excited to announce my partnership with @equelleofficial, as I want to continue advocating for more conversation around the topic, something we shouldn't shy away from discussing – we all have so much to learn from one another. In honor of #MenopauseAwarenessMonth, I'm urging you to share your #menopause



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