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#ad Beautiful People. Today, I'm starting on a new journey and I want to be transparent with you.

Years ago, when menopause came knocking at my door, I really wasn't prepared and for some reason, I thought it would be, as the saying goes, "a piece of cake"! You see, when my mom was going through menopause, she never talked about it. So, in my mind, I just assumed she never had any issues and it would be "like mother - like daughter". Well, I'm at the point on the menopause journey where the hot flashes and sleep quality have led me to get some help!

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