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Menopause isn't something I imagined that I'd experience in my 20's, but I was wrong.

My health journey has been complicated and quite the ride. At 26 I was officially thrown into menopause after my surgeries to remove my ovaries and uterus.

#ad 🥵 The symptoms came on fast, and the hot flashes were the worst. I feel like this is another aspect of womanhood that isn't openly discussed. I had NO idea how bad hot flashes could be, had no idea that I could go from being completely cool temperature-wise to feeling like I was in a sauna.



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🔥 My hot flashes make me incredibly self-conscious. During fashion week this year, I was embarrassed to meet new people because what they met was a sweaty mess. It takes a toll on your mental health, and it impacts every area of my life. Work, travel, fitness, even intimacy.

But I'm not alone - there are women experiencing symptoms from menopause everywhere, so when I was contacted by @EquelleOfficial about a partnership to help normalize the conversation about menopause, I was thrilled!

EQUELLE is a hormone-free[‡], non-prescription dietary supplement that can help address symptoms of menopause, including help to reduce the frequency



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unrmed:

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EQUELLE is a hormone-free[‡], non-prescription dietary supplement that can help address symptoms of menopause, including help to reduce the frequency of hot flashes, provide mood support and support general wellbeing during menopause. [†]

·
Over the next few weeks I will be trying @Equelleofficial to see how it will help with my symptoms. If it helps even just a little with reducing the frequency of my hot flashes, I will be a happy gal!

·
?? Are YOU in menopause? I'd love for you to join in on the conversation and share your story with #LiveHotStayCool.

·
♥ Link in bio for more details.



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‡Free from human or animal hormones. Contains trace amounts of isoflavones, a type of naturally occurring plant hormone.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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