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#ad Thank you all who contributed to discussing menopause in the comments of a recent post where I detailed my personal journey for #MenopauseAwarenessMonth.

Sharing my symptoms with friends and loved ones is a great way for my family to know that my mood swings and fatigue, to name just a couple of symptoms, are not their fault!



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My husband has thanked me many times for letting him know what I'm going through, so he can be both prepared and supportive. I feel this kind of communication is healthy and benefits my entire household!

Some of you may know that I was a good candidate for hormone replacement therapy and that I have happily been on it for a few years. It's been a good ride so far, except in one area. My hot flashes resurfaced around



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area. My hot flashes resurfaced around a year ago and that, along with night sweats, and they continue to be the one thing I struggle with the most. In my case, hot flashes mimic a panic attack and that can feel crippling. It is absolutely no fun.

On top of this, I'm a busy lady: still raising teens, managing a household (with my husband's help I must admit), running a digital business and teaching yoga both online and in person. I really



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yoga both online and in person. I really crave freedom from hot flashes!

That's why I'm really excited to kick off a 12-week trial of @Equelleofficial as an option to help alleviate the frequency of hot flashes associated with menopause[†]. I will be checking in with my progress, so stay tuned.

The active ingredient in EQUELLE is S-equol, which is naturally derived from a plant compound. It is a non-hormonal[‡] dietary supplement that can help women



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plant compound. It is a non-hormonal[†] dietary supplement that can help women feel their best during this life transition. Learn more at the link in my bio.

Do you have hot flashes? How do you #LiveHotStayCool?

[†]This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. [‡] Free from human or animal hormones. Contains trace amounts of



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