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#Ad I look great, right? I was feeling amazing this day, a few weeks ago, when I went to BlogHer Creative Summit and then on the way back, I got my first hot flash. Then this week I had another one. Frankly, it was awful. I'll be blowing out 49 candles on my next birthday and, I'm a little worried about what's going to happen with me as I really enter into menopause fully.

I know that women aren't talking about it and I want to change that. Did you know that approximately 6,000 women in the U.S. reach menopause each day?

I am going to be trying @EQUELLEofficial, which is a hormone-free[‡] supplement and is clinically shown to help alleviate the frequency of hot flashes and muscle aches associated



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flashes and muscle aches associated with menopause.[†] I look forward to seeing progress.

I don't think that just trying to live with menopause symptoms is going to work for me, so choosing a non-hormonal remedy is what I plan to do. Hot flashes and the menopause transition no longer mean you have to stay on the sidelines or go into hiding, right? If you are going through this or if you have gone through this already share your story with [#LiveHotStayCool](#).

Check out my link in bio for more details.

[1] The North American Menopause Society. Overview of Menopause.

Available at:

http://www.menopause.org/docs/2012/cg_a.pdf/sfvrsn=2. Accessed March 27, 2019.

[†]Free from human or animal hormones.



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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.

#hotflash #women #mylife #menopause #life #becauselife #igotthis



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