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#Sponsored Want to know a secret? I hate feeling hot! As you can imagine, that's a bit of an issue for someone who lives in Miami and jets to the Caribbean for work three times a month! Still, between air-conditioning; sweat-wicking fabrics; and a collection of hand fans, I've been able to keep my cool. Well, until recently.



I'm one of an estimated 6,000 women a day in the U.S. who's going through peri-menopause/menopause right now. And hot flashes and night sweats have been giving me - pardon the pun - a warm time! But when I read in the current issue of Oprah magazine that hot flashes can continue for up to NINE years and that's it's not uncommon to



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years and that's it's not uncommon to have "power surges" into your 70s and beyond (!), I knew it was time to do something.



That's why I've agreed to start a complimentary 12-week trial of @EquelleOfficial, a hormone-free<sup>‡</sup>, non-prescription supplement. Stay tuned for my feedback in the coming weeks and check out the link in my bio to learn more about other women's stories.



Also, tell me: Are you getting hot flashes? If so, do you just shrug your shoulders and put up with them? Or are you taking drugs to ease your menopause symptoms? Use the hashtag #LiveHotStayCool and let's talk about it! I want to know your story.

\*



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#equelle #menopause #perimenopause #jetsetsarah #hotflash #hotflashes #hotflush † Free from human or animal hormones. Contains trace amounts of isoflavones, a type of naturally occurring plant hormone.



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