



Wendy Valentine - The Midlife Makeover Show



December 21, 2022 · 🌐

Hello happy hormones! 🙌 I'm halfway through my 90-day Amberen journey and my symptoms are already improving! Yippee! Below I have listed the 12 major symptoms of menopause that Amberen is clinically proven to help relieve. I ranked each symptom on a scale of 0 😊 to 10 😡 from how I felt on Day 1 of my journey to how I feel now at Day 45. Check out all those thumbs up improvements 🙌!

- Night Sweats - Day 1: 9!! Day 45: 4 🙌
- Difficulty Sleeping - Day 1: 9!! Day 45: 6 🙌
- Joint Aches - Day 1: 9!! Day 45: 6 🙌
- Hot Flashes - Day 1: 8 Day 45: 5 🙌
- Fatigue - Day 1: 7 Day 45: 4 🙌
- Headaches - Day 1: 7 Day 45: 4 🙌

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👍👍 15

1 🗨️ 72 👁️

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👤 😊 📷 GIF 🗑️ ➦

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- Headaches - Day 1: 7 Day 45: 4 👍
- Difficulty Concentrating - Day 1: 7 Day 45: 4 👍
- Anxiety & Stress - Day 1: 6 Day 45: 3 👍
- Low Sex Drive - Day 1: 0 Day 45: 0 👍
- Mood Swings - Day 1: 0 Day 45: 0 👍
- Weight Gain - Day 1: 0 Day 45: 0 👍
- Irritability - Day 1: 0 Day 45: 0 👍

Yay! Thumbs up improvement all around! 🙌 I am so excited to see how I feel at the end of my 90-day Amberen Journey and share my results with you! If you would like to start your own journey to happy hormones, you can order Amberen at <https://tinyurl.com/wendyvalentine> or on Amazon at <https://www.amazon.com/amberen>.

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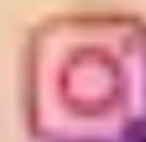
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How I feel 45 days into my Amberen journey



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Sponsored by Amberen. Individual results will vary. See [amberen.com](https://www.amberen.com) for product details, disclosures, typical results, and clinical trial information.

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