

23 years old + HOT = Good Looking

47 years old + HOT = Menopause ahhhhhhhhhhhhhhhhhhhh lol

Pretty sure the supplements I take are already helping with Menopause. The only symptom I have happens to me in the night...I get HOT. No sweating involved, I just get flipping fire cracker hot. I am sure to be a few degrees short of self combustion!

Janet Rowe of HEALTH AND NATURAL LIFESTYLES suggested using the Lunar calendar for my Menopause Symptom. Full moon to New moon I take Primrose Oil and from New Moon to Full moon I take Flaxseed Oil. I also take Black Cohosh.

Happy to report success last night!!! Made it to 4:00 am and NO blankets had to be removed. Only a slight increase in temperature...and I mean very slight.

I will keep updating my progress as time goes on.

Sunday Nov 22, 2009

I have went off the above products to test the Immunotec products I am on 😊 Reporting GREAT success! Sleeping really well. Products I am taking: 1 pkg [Immunocal Platinum](#), 1 [Pro-Biotic](#), [F.I.T.T.](#) in the a.m., [Xtra Sharp](#) 1 tbs at 6 a.m. & 1 tbs at noon, 2 tbs of [Cherry Juice](#) 30 minutes before bed, [PNT 200](#) when necessary throughout the day.

I will keep updating

Margaret Mackay, Cochrane, AB