

## Menopause Reset

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menopause symptoms can be managed with lifestyle changes and hormone therapy. However, hormone therapy is not suitable for everyone. It's important to consult with a healthcare provider to determine the best treatment option for you. Some women may experience side effects from hormone therapy, such as increased risk of blood clots, stroke, and heart disease. Therefore, it's crucial to weigh the benefits and risks before starting hormone therapy.

nov 26 2024 the menopause reset program is a comprehensive guide to managing menopause symptoms. It includes a 28-day program that focuses on diet, exercise, and stress management. The program is designed to help women feel better and more in control of their bodies during menopause.

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