

Welcome to my blog about the myths surrounding menopause...

Any woman approaching the magical age of 50 begins to dread that birthday! Your joints are stiff when you get out of bed in the morning, your clothes shrank since the last time you wore them, and what happened to your beautiful unlined face? Who is that person staring at you in the mirror? And the hormones that were so active since puberty suddenly begin to disappear and are replaced by hot flashes, a thickening waist, and insomnia. Life is a joy.

You can't stop the chronological clock from moving relentlessly forward, but you can slow down the biological clock. There is no miracle cure, but with time and energy, you can slow down and alleviate what seems like an inevitable downhill slide.

Visit my website, www.HotFlashHolly.com for some ways to start this part of your journey through life!