

Menopause Testimonial  
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I like many ladies going through the menopause just get on with it, HRT wasn't on my radar at any point. I had probably been peri menopausal for the past 4 years the slow build up but the end 2017-19 was my menopause year. Yay I thought.

I started the Purify program on 2<sup>nd</sup> Feb 2019, to say it has turned my life around is not an understatement. 2018 was the worst year with me slowly getting more paranoid, anxious, stressed, depressed, overwhelmed, my sleeping which had been poor for 3 years minimum was not improving and the quilt spent the night on and off as I tossed and turned, waking frequently and then nodding and waking like I had never even been to bed. I was lucky I only had hot flushes not sweats but that was bad enough. My hair was dull and my skin dried out and became itchy. Lets talk brain fog - May I was going to take myself off to see the doctor I had convinced myself that I had dementia. I couldn't remember a thing. Couldn't follow conversations and would lose the thread of the conversation. I would start saying something and puff it had gone. I was eating sugar like it was fresh air, so I just kept adding more weight. By October I was at my very worst a good friend sat me down we had a serious talk and then I rang my doctor crying down the phone, I was a failure I needed help - I know that's how I saw it. There had been a few other issues regarding family during the year and so it all just added to the mix.

A chance meeting with Paula in a town we both don't live in saw me then start Purify. I didn't weigh or measure myself it was all about hormones and just feeling a bit better, it really couldn't have got any worse was my thought.

21 days later

# No hot flushes - had sweats the first 4 days of the Purify as it all came out of me

#Slept through deeply for the first time in years and still continue to do so

#Wake up having had a good night

#More energy

#Had some Vavavoom back

#Felt more confident and continue to do so, and it shows. My smile is back

#some of the fog had lifted (6 months on sticking to the principals of Purify and stay within the 21 day food list I have noticed the last two weeks the fog has gone my memory still has some work to go but it is so much better than it was)

#Hair and skin couldn't believe how improved they are (this just continues to get better)

My skin has continued to look improve and the wrinkles in my hands seem to be disappearing they certainly look much younger than they had.

#Nails wow they grew like grass, I used to bite them but they came back strong and long and have to file regularly for my job. Previously when not realising I was anxious/stressed I would bite them but didn't always realise I was doing it thats stopped so I must be much calmer

#Stress - no nail biting, much calmer, focused and even in dealing with issues

#Bloating - gone

#Weight loss/inch loss this continues and I have lost at least 3 dress sizes

#Cravings - what cravings! They have gone I don't want sugar, sweets, chocolate, cake or anything like that. Everyone that goes through the Purify finds that my most amazing part, but its the hardest to explain to people. I have stayed on this course rarely eating

anything with sugar maybe an ice cream when it was hot. But that is just how I want to continue and it's not how everyone moves on after the 21 days, I just know what I am like. Changing the go to things was the best advice from Cat and Paula. Dont do what you did before ie drink coffee which leads to dunking biscuits several times a sitting. So I have never gone back to coffee as I am concerned it will kick start my hormones and my ability to lie to myself about just popping one or two biscuits in my tea will start over again. But I don't want them so it's brilliant.

#As a therapist my wrists often ached and my feet and damage to a knee did, that seems to have gone. Weight loss for my feet and knee has also contributed.

I continue to take V3 and the Proargi-9+ is amazing and I can tell when I haven't taken it. e9 fab for those long days and you need a little extra.

I am a lighter in my outlook and feelings as well as in weight. Having a genuine smile makes you feel so much better. In all seriousness you have nothing to lose and everything to gain. Don't think twice about doing the 21 day Purify and beyond for this or for any other issues.

Thank you and all the best