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HEALTH & WELLNESS



The Womb Happy Hour

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July 5th 2017: Time to Play with Peri-menopause and Menopause

We're playing with peri-menopause and menopause on this week's episode of The Womb Happy Hour. We're chatting about ways to expand rather than contract during peri-menopause and menopause rather than hiding or just coping. Let's shift existing taboos to reclaim and feel empowered during the enchantress and wise crone phase. Companies have caught on in the past few years to market products to sell to women to alleviate uncomfortable symptoms in order to make money but there still isn't enough conversation about how to embrace rather than fight these important transitions in a woman's life. Hos

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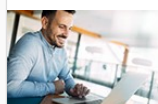
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