

Testimonial

Hazel Dunn, 50, from North Shields

I have been experiencing menopausal symptoms for 3-4 years now although I was only officially diagnosed last year by my GP. I had been taking the Menopause FX but it wasn't working so I then went on to HRT for about a year. However, I had to come off it as it wasn't suiting me at all. I was experienced lots of side effects such as headaches and not feeling well on the medication at all. In addition to this, my mum had had breast cancer and I was worried about being on HRT due to the link with breast cancer and the possibility it may trigger this in me.

I am currently taking Perfect Harmony - a natural soya based product made up of herbal ingredients and I am really impressed with the results. It's really helped. I noticed within a week that the sweats had disappeared and they have stayed away since.

I experienced tiredness, headaches and the sweats. It was the sweats that were getting me down the most. I lost count of how many hot flushes I was having. I couldn't sleep and my husband was beside himself. I was going for days without a proper night's sleep and I felt constantly exhausted.

Now I'm sleeping really well again and I feel much better in myself. My mood is much improved as I'm not so tired and my outlook on life is better.

I recommend Perfect Harmony for anyone experiencing menopausal symptoms. It's nice knowing it is completely natural and it is definitely working for me!