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health. For example, ...

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Going through menopause? Here's some gentle food for thought

Night sweats are one of the most common symptoms of the menopause, related to the drop in fertility hormones. But the menopause is not always to blame.

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**If I'm too old to have HRT, how can I
stop night time sweats? DR ELLIE
CANNON answers your questions**

Womaness follows other "cool"
menopausal offerings from Arfa's State
Of and Procter & Gamble's Hair Biology,
both of which launched last year, as well
as Better Not Younger and Kindra. And
other ...

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More menopausal beauty and personal care brands are coming to market, but is the world ready?

I am 46. My body and mind are both going through an upheaval. My hormones are wreaking havoc. There are times I need to pause for a breather. Is it wrong to pause?" she hollered.

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Menopausal Women Go Through Hell Without Being Shamed For 'Taking Too Many Breaks At Work'

Australia Operations at MaxContact;
"Every business running a modern, cloud
based contact centre has access to a
wealth of data and it makes sense to
exploit it to the full," Heard the saying

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Business intelligence at your fingertips: how utilising data can transform your contact centre into a business insights hub

Seems like every fifty years, the world makes a major breakthrough — the introduction of a new age. The 1750s

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saw the birth of the steam engine which
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Railway ...

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Brooke Shields shared the face oil she swears by to soothe dry, inflamed skin. Shields says her skin has changed due

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to menopause, something she believes
has been a “taboo subject for far too
long.” ...

Brooke Shields Swears by a CBD Face Oil to Hydrate and Soothe Dry Skin at 55

Balayam yoga or nail rubbing yoga is a
practice that most of us are familiar with

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but perhaps did not attribute it as a yoga technique for hair regrowth. Infact, yoga Guru Swami Baba Ramdev has ...

Can rubbing your nails together really improve your health? Here's your answer

Feeling out of sorts? It might be time to check your hormones. Read on to learn

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what hormone testing can teach you
about your body.

The 6 Best At-Home Hormone Tests in 2021

I saw this giant pile of old army helmets.
I had a little moment there remembering
my grandpa, of war happening quickly,
and I thought peace on the other hand

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**Oximeters, oxygen concentrators
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answer all your Covid-19 FAQs**

EYE BAGS are very common and nothing to worry about, but they are uncomfortable and can be a big insecurity for people who regularly get them. Here's how to get rid of black bags under your eyes.

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How to get rid of black bags under your eyes - 5 tips

The surprise returns and exits keep coming on Grey's Anatomy. During Thursday's episode of the ABC medical drama, Jackson (Jesse Williams) visited his ex-wife April (Sarah Drew) and their ...

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**Grey's Anatomy Recap: Jackson and
April Reunite — and Make a Big Life
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Miracle magnetic lashes give the ultimate look and half the time of your makeup routine

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