

## Testimonial

Joanna Lees

Age – 56

Location – North Shropshire

Married

Kids – 2 grown up kids - now a granny

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On product for 2 years

I have been experiencing menopausal symptoms since I was 48. HRT didn't work for me. It made me feel out of sorts and unbalanced so I decided to look for an alternative.

I tried lots of different natural options but none were really making much difference. I then read about Perfect Harmony in an article and how it had helped alleviate a woman's hot flushes while boosting her energy levels and bringing hormonal balance. Since these were my major complaints, I decided to try it.

I have now been taking the product for two years. I have come off it at various times during this period, just to see if I can manage without it. But within a few weeks, I feel exhausted, my hot flushes are back and I return to it. Other benefits I have found is that it really helps to lift my mood. Its benefits are really noticeable for me within just a few days.

I feel much better in myself from taking this product. 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.