

Woman's Own

Health NOTES



Reader rated

**MARY STOCKWELL, 55, FROM
HERTFORDSHIRE**

'During the menopause, I hit a point where my emotions were running wild. I didn't want to take HRT, so a friend suggested The Perfect Harmony (£19.95, 60 two-a-day capsules, lookandhealth.co.uk), a natural soya-based alternative with red clover. Within weeks, I felt like my old self again.'

