

January, 2022

A BETTER MENOPAUSE

January 2022

Prevention



SPECIAL
3-DAY
MEDITATION
GUIDE



\$3.50 for pack of two cookies, realcookiesco.com

OUR NEW FAVORITE COOKIE

Everyone deserves a treat, and with **Real cookies**, everyone can get one. That's because Real cookies are free of major allergens like gluten, dairy, eggs, and soy—something that was super-important to the founders, lifelong friends. Even the texture has a “something for everyone” vibe, with slightly crispy edges and a chewy center. Whether you bite into chocolate chip, peanut butter chocolate chip, or (swoon) lemon blueberry, you'll love the taste. (\$3.50 for pack of two cookies, realcookiesco.com)

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