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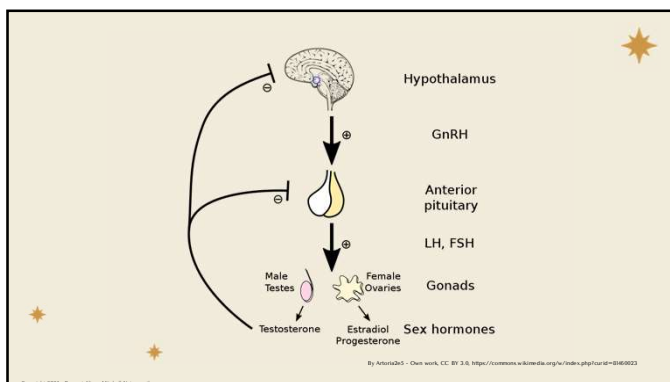
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OESTROGEN

- highest in our follicular phase
- boosts serotonin and dopamine
- Important for brain health and cognition
- important for bone health and muscle development
- protective against insulin resistance
- produces glycogen in the vagina, feeding our good bacteria
- increases vaginal lubrication
- boosts libido
- thickens the lining of the uterus
- plumps skin and mucous membranes

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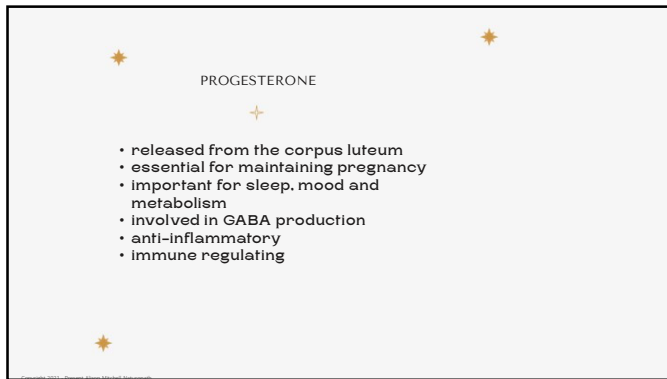
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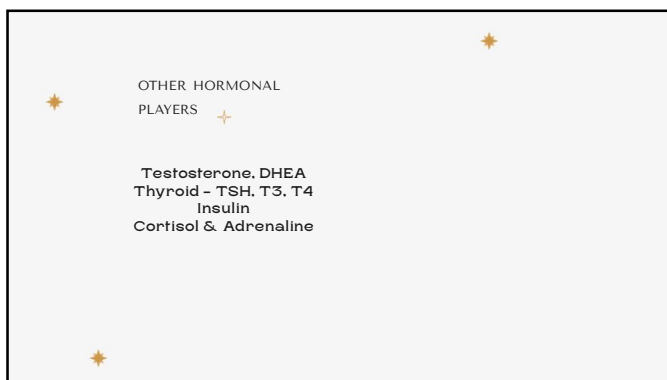
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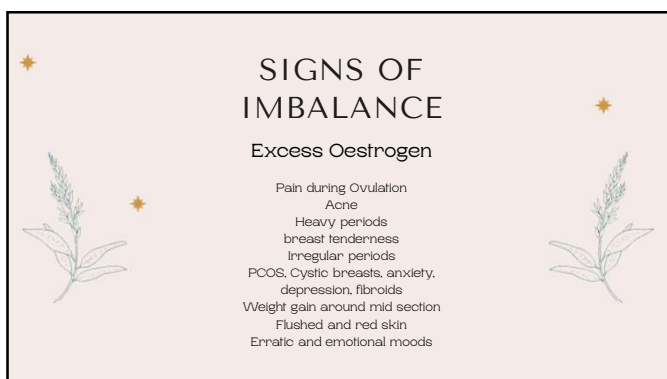
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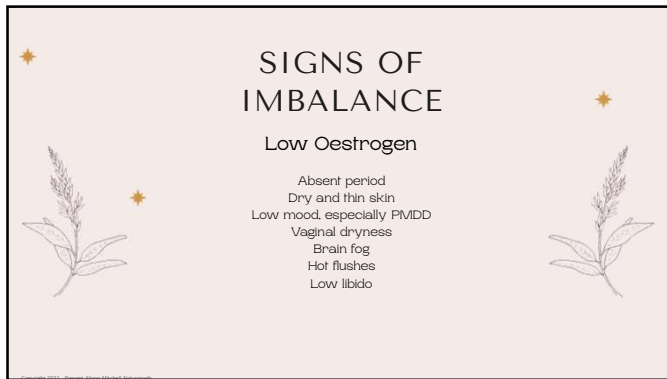
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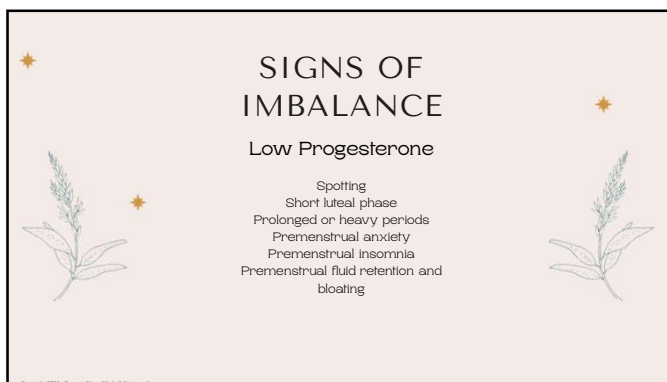
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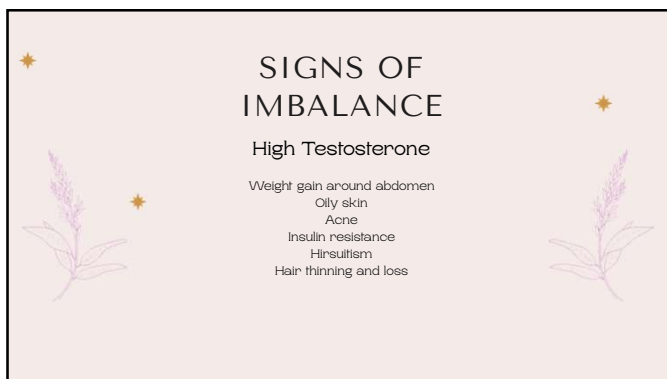
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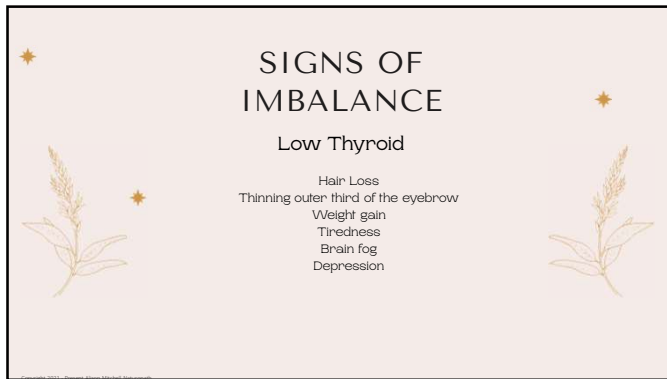
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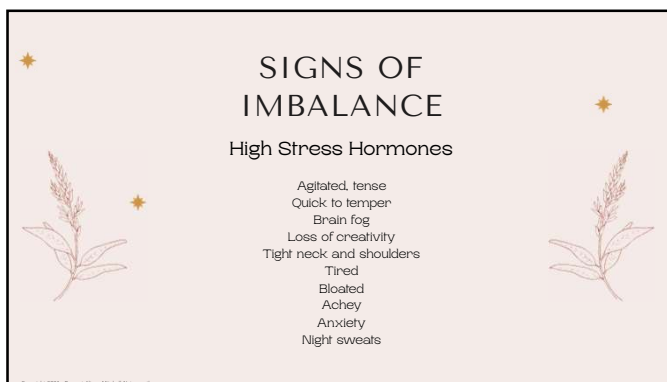
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