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macronutrient range between 20-30 grams of net carbs per day may be ideal. Each person's dietary needs vary, experiment with your carb intake level and observe how you feel to determine the best range for you.

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experienced by women prior to and during the early stages of the menopausal transition. However, not all women approaching menopause will develop hot flashes. Hot flashes can also affect women who start early menopause after undergoing chemotherapy or surgery to remove

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