

# Eating&nbsp;for&nbsp;Blood&nbsp;Type?&nbsp;&nbsp;Any&nbsp;ex

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The book was free, I'm not a fool, and you are so very wrong to judge. You have such limited information about my situation I don't know what you are basing your conclusions on. How many of you have been slam dunked into menopause? Until you have been here, you cannot possibly know what the challenges are like. It has been an amazing, frightening, no, terrifying is more accurate, experience. I am trying to find all new ways to be the best that I can be as everything inside has changed. The way my body acts, responds to all things ingested, my thought processes, my ability to focus, remember, and reason have all been switched around. Imagine it, it much like a nightmare or a action thriller movie but I don't wake up and no one yells CUT! The action packed adventure just keeps on rollin and I am the star the director the stage hands...you get the picture? Most likely not. Never mind.

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