

GDL March 8, 2023

<https://silosolo.com/120789>

Summary

The video is a discussion about menopause, specifically peri-menopause and menopause. The conversation aims to break the taboo associated with menopause and educate women about the signs and symptoms. Andrea, a menopause expert, shares her personal experience and highlights the importance of open conversations about menopause. She also mentions her company, Morphis, which aims to educate and support women in this phase of life. Overall, the video emphasizes the need for more education and support for women going through menopause.

Silo sample questions

- What is the video about?
- What are the symptoms of menopause?
- Why is it important to have open conversations about menopause?
- What led Andrea to start her company, Morphis?

Topics

Menopause

Peri-menopause

Taboo around menopause

Symptoms of menopause

Lack of education on menopause

Importance of open conversations about menopause

Andrea's personal experience and her company Morphis

Key Takeaways

- The video is about discussing menopause, specifically peri-menopause and menopause.
- The conversation aims to educate and break the taboo associated with menopause.
- The guest, Andrea, is a menopause expert and has a large following on TikTok.
- Menopause is a decade-long process that starts around the age of 35 with peri-menopause.
- Common symptoms of menopause include hot flashes, body pain, sleep problems, mood swings, and weight gain.

[Click here for the full transcript](#)

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