i’ve belted myself up about it for too long thinking that it’s just a matter of doing more; it brings me to tears here just writing about it.

remember though, that since these are foundations you’ll have to go darker (2-3 shades) than usual.

i do use the mothers milk tea which also has fenugreek as an ingredient, but does not seem to have as much affect, good or bad.

the pain may be sharp cramping or dull be steady spread to the back or below the right shoulder.