



Michelle Trench

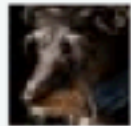
3 hrs · Basingstoke

It's Friday!! And I have woken up to lots of amazing insights into your journeys which are so lovely to read. So today it's only right that I say I am grateful for this plan! I came in open minded but one thing I did not expect was what I'd get from you girls and this group! Truly amazing and I can honestly say I am a bit addicted to it - I rarely look at all the negative rubbish on my feed now...straight to the group to check in with you girls. Not sure we were all meant to get on like this but I love it and it has completely enhanced this experience, beyond what I ever thought it would be.

So, I shall be approaching my Friday with a big warm-inside smile! And a lot of saliva for the cortisol test....jeez! xx

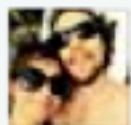
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Jennie Mercer Good luck with the test Michelle, it was a lot of spit!!!!

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Lorna Bostock Have an awesome day lovely. Hope the test goes OK xx

2 hrs · [Unlike](#) · 2



Sarah Redmond Michelle you rock my world! I am starting to wonder if you can hear my thoughts! Maybe it is all the omega's boosting our brain power lol! Such a lovely post x On a side note, can I just say how stunning you look in your profile pic you little beauty! Much much luck producing saliva for the day x

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Michelle Trench Aww Sarah, you've made my day. Thank you 😊 x

1 hr · [Unlike](#) · 3



Sarah Redmond You made mine first!

1 hr · [Unlike](#) · 3



Neen Kavanagh Enough already! It's beginning to feel like a hippie commune! Ha Ha!