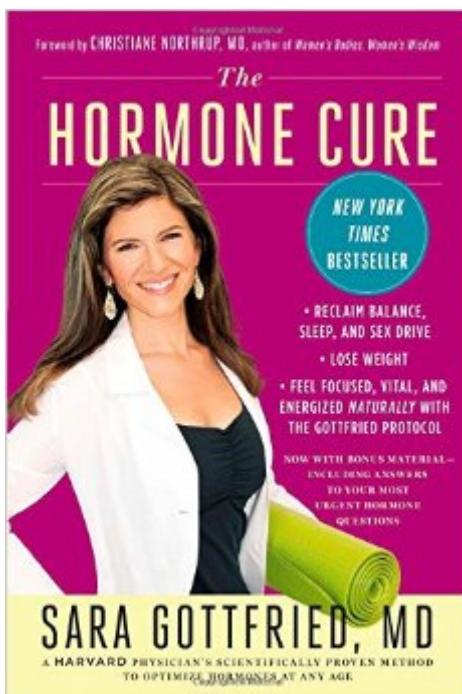


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# The Hormone Cure: Reclaim Balance, Sleep And Sex Drive; Lose Weight; Feel Focused, Vital, And Energized Naturally With The Gottfried Protocol



## Synopsis

The New York Times bestselling guide to hormone balance that helps women of all ages achieve increased energy, resilience, vitality, and sensuality through science-based natural therapies. All too often women are told that feeling moody, asexual, tapped out, dried up, stressed out, and sleep deprived is just a part of being female. Or they're led to believe that the answer can be found only at the bottom of a bottle of prescription pills. Dr. Sara Gottfried, a Harvard-educated physician and nationally recognized, board-certified gynecologist, refuses to accept that being a woman means feeling overwhelmed or that popping pills is the new normal. In *The Hormone Cure*, she shares the unique hormone-balancing program that she has used to help thousands of women reclaim wellness, verve, and optimal health. Combining natural therapies with rigorous scientific testing and using an informative questionnaire to identify the common causes of hormonal imbalance, Dr. Gottfried provides an individualized plan in nonjudgmental and thoughtful language. Based on ten years' study of cutting-edge medical research as a specialist in functional and integrative therapies, Dr. Gottfried's three-tiered treatment strategy includes: Supplements and targeted lifestyle changes that address underlying deficiencies *Herbal therapies that restore balance and optimize your body's natural function* *Bioidentical hormones* "most available without a prescription" *The Hormone Cure* is a groundbreaking book that demonstrates how balancing your hormones can cure underlying health issues and result in restored sleep, greater energy, improved mood, easy weight loss, increased productivity, and many more benefits. Dr. Sara Gottfried's *The Hormone Cure* will transform your life.

## Book Information

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## Customer Reviews

Ok as we age, things change and yes I know that's normal - but sometimes it's hard to accept. After the birth of my 3rd kid, I could never really lose the "baby weight." I feel like I tried everything and got to the point where I was practically WANTING my thyroid to be abnormal so I could hopefully take a medicine and lose weight. Unfortunately - that's not really how it works. Even more unfortunately, when most of us go to our doctor's to complain about this sort of standstill (or worse - gaining weight), our Drs are sympathetic (After all they hear it all the time) but have no answers beyond the standard, "eat less, exercise more" advice. Enter Dr. Sara Gottfried. In the hormone cure, she lays out the reasons why all these things we thought were just normal aging are really signs that our hormone levels are off-balance. And I don't mean menopause off-balance. I mean normal 30s, 40s not even peri-menopause off-balance. Dr Sara validates the fact that things can be off-balance in our body but that doesn't mean that our doctors will catch it, or actually even think to test it. What this Harvard trained Gynecologist does is explain all the hormones at work in your body (cortisol, thyroid, testosterone, etc) and how you optimally need them to work together to feel your best. Honestly I'd heard of all of them but how no idea how they really worked in my body. She includes easy tests to take (if you don't want to pay lab fees) in her book or what tests to have ordered at labs if you want to be sure. Then she walks you through, step-by-step, what these results ACTUALLY mean. What a real normal is (not the dr's tables looking for REALLY abnormal) and if you are slightly off - how to correct it to feel your best.

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