



The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol

Dr. Sara Gottfried

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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.

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Juan Palmer:

Have you spare time for any day? What do you do when you have far more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a walk, shopping, or went to the Mall. How about open or perhaps read a book allowed The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol? Maybe it is to be best activity for you. You recognize beside you can spend your time together with your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have additional opinion?

Calvin Baker:

The book with title The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol has lot of information that you can study it. You can get a lot of help after read this book. That book exist new expertise the information that exist in this e-book represented the condition of the world at this point. That is important to yo7u to find out how the improvement of the world. This specific book will bring you with new era of the the positive effect. You can read the e-book in your smart phone, so you can read the item anywhere you want.

Irene Gonzales:

The actual book The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol has a lot of knowledge on it. So when you make sure to read this book you can get a lot of help. The book was compiled by the very famous author. This articles author makes some research ahead of write this book. This book very easy to read you may get the point easily after perusing this book.

Julie Gibson:

Precisely why? Because this The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol is an unordinary book that the inside of the book waiting for you to snap it but latter it will zap you with the secret it inside. Reading this book close to it was fantastic author who have write the book in such remarkable way makes the content inside of easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of positive aspects than the other book possess such as help improving your proficiency and your critical thinking method. So , still want to delay having that book? If I ended up you I will go to the reserve store hurriedly.

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