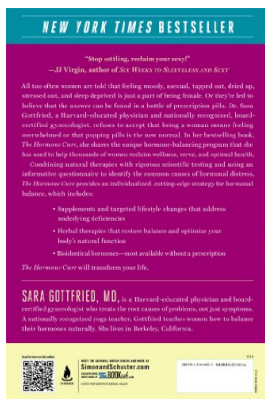


[PDF] The Hormone Cure: Reclaim Balance, Sleep And Sex Drive; Lose Weight; Feel Focused, Vital, And Energized Naturally With The Gottfried Protocol

Dr. Sara Gottfried - pdf download free book



Books Details:

Title: The Hormone Cure: Reclaim Bal

Author: Dr. Sara Gottfried

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Description:

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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