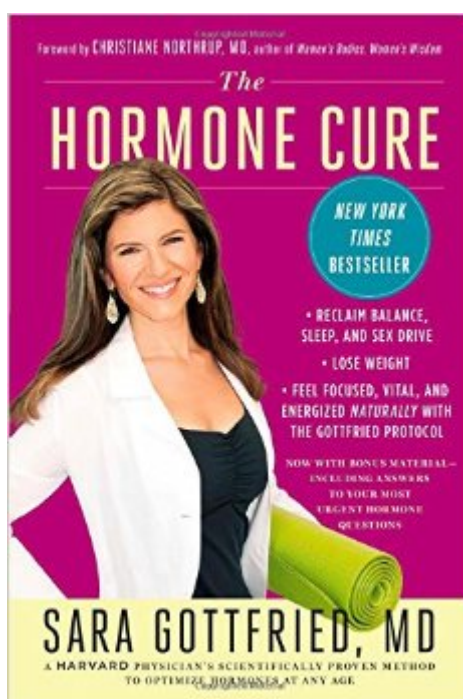


The book was found

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

Paperback: 480 pages

Publisher: Scribner; Reprint edition (March 11, 2014)

Language: English

ISBN-10: 1451666950

ISBN-13: 978-1451666953

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (457 customer reviews)

Best Sellers Rank: #6,683 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health](#) #28 in [Books > Health, Fitness & Dieting > Women's Health > General](#) #126 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

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.

[Download to continue reading...](#)

The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol
The Hormone Cure: Reclaim Balance, Sleep, Sex Drive, and Vitality Naturally with the Gottfried Protocol
Weight Watchers: 23 Healthy Snacks To Lose Weight
Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting)
Sex Pictures: Sex Positions: How to Improve Your Sex Life with Creative Sex Positions and Techniques! (Sex Positions, Sex Pictures, Sex, Kama Sutra)
Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1)
The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause
Overcoming Adrenal Fatigue: How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free (New Harbinger Self-Help Workbook)
Natural Rapid Weight Loss, Lose Weight Faster with Hypnosis, Meditation,

and Affirmations: The Sleep Learning System Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self Erotic Adult Sex Picture Book 5 (Uncensored Hot Sex Pics of Sexy & Horny Girls, 300+ College Sex Photos): full nudity adult sex. Sweet Tits.: Photography ... of Full Nudity Adult Sex Pics Series) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Protocol for Wireless Localization Systems: Communications Protocol for RF-based Wireless Indoor Localization Networks Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed The Healthy Green Drink Diet: Advice and Recipes to Energize, Alkalize, Lose Weight, and Feel Great

[Dmca](#)