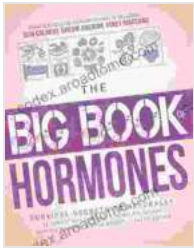


The Big Book of Hormones: Your Guide to Understanding and Balancing Your Hormones



The Big Book of Hormones: Survival Secrets to Naturally Eliminate Hot Flashes, Regulate Your Moods, Improve Your Memory, Lose Weight, Sleep Better, and More! by Kenneth Kee

★★★★☆ 4.6 out of 5

Language : English
File size : 1991 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 258 pages



Are you tired of feeling tired, bloated, and irritable? Do you have trouble sleeping, losing weight, or concentrating? If so, you may be suffering from a hormone imbalance.

Hormones are chemical messengers that play a vital role in many bodily functions, including metabolism, reproduction, and mood. When hormones are out of balance, it can lead to a variety of symptoms, including:

- Fatigue
- Bloating
- Irritability

- Trouble sleeping
- Weight gain
- Difficulty concentrating
- Mood swings

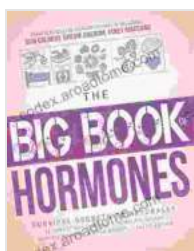
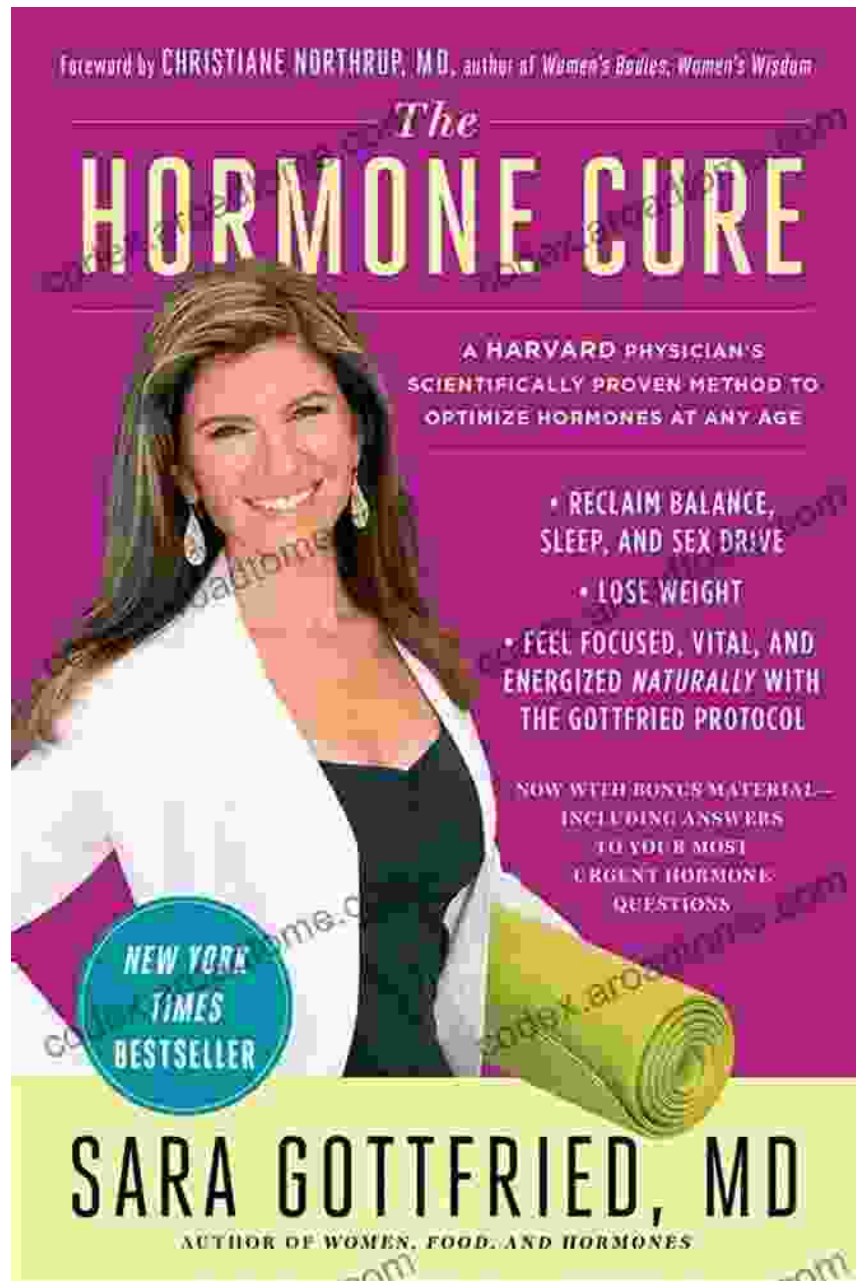
The good news is that hormone imbalances can be treated. In her new book, *The Big Book of Hormones*, Dr. Sara Gottfried provides a comprehensive guide to understanding and balancing your hormones. This book covers everything you need to know about hormones, from their function to how to optimize their levels.

In this book, you will learn:

- Which hormones are responsible for your metabolism, reproduction, and mood
- How to tell if you have a hormone imbalance
- Natural ways to balance your hormones
- Hormone replacement therapy options

The Big Book of Hormones is the essential guide to understanding and balancing your hormones. If you are suffering from a hormone imbalance, this book can help you get your life back on track.

Free Download your copy today!



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