

How To Get More Female Hormones

The Female Hormone Journey - Pamela Levin
2005-12

Your female body talks to you your entire life in the language of bodily conditions and symptoms. Bloating, weight gain, PMS, cramping, hot flashes, anxiety, depression, infertility, mood changes and fatigue are only some of its more familiar messages. In *The Female Hormone Journey* you will learn how to translate these communications into effective action. Whether your current passage is through puberty, your menstrual years, peri-menopause, menopause or post menopause, you will learn to sort through an often confusing maze of conflicting advice from friends, relatives, your doctor and the media, to arrive at what your unique female

body needs. You will discover:

The Female Body Blueprint - Josh Rubin
2015-02-10

Hormones Gone Haywire? There is a crisis in women's health today. The average age for puberty has dropped abruptly to 10 years of age. Endometriosis, one of the top three causes of female infertility, affects more than 5.5 million women. 75% of all women suffer with some premenstrual syndrome symptoms. 80% of all women have uterine fibroids (which lead to 170,000-300,000 hysterectomies annually). And dysmenorrhea-menstrual pain that interferes with day-to-day activities-affects approximately 40-70% of women of reproductive age. If you've visited your doctor for any of these reasons, it's

likely you've been given birth control pills to "even things out" or hormone replacement therapy. But is this really a solution? The Solution Isn't More Birth Control Pills It's likely that hormonal treatments will only mask the symptoms, if not make things worse. So what is the solution? Is PMS to be normal and expected every month? Is infertility unable to be treated without invasive therapies? Are hot flashes simply a symptom of getting older? Luckily, the answer is no to all of these questions. There is a solution, and it doesn't involve drugs or invasive therapies. The solution lies in hormonal balance. A Total System for Female Health "The Female Body Blueprint" by Josh and Jeanne Rubin takes the complex subject of hormonal balance and breaks it down into easy to digest information and action steps. By naturally decreasing the amount of estrogen in your body, increasing the amount of progesterone, and healing your metabolism, you'll be well on your way to hormonal health at any age. Get back in balance

by learning how to eat, sleep, exercise, and de-stress. They don't teach this stuff in school...or likely in your doctor's office. But these are the vital foundations that will make this women's health crisis a thing of the past. Follow this blueprint and take back control of your health once and for all.

[It's Not You, It's Your Hormones!](#) - Nicki Williams 2017-02-13

Are you wondering what the hell has happened to you since you hit 40? You're not alone! Millions of women over 40 worldwide are suffering needlessly. Stressed out and exhausted, struggling to lose weight, suffering mood swings and PMS, or hot flushes and night sweats, life can seem like one big struggle. What many women don't realize is that the key to sustainable weight loss, vitality and balance is not the latest fad diet or fitness programme. For women over 40, the answer is to take back control of your hormones! It's Not You, It's Your Hormones is the essential guide for every

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woman over 40, providing natural and practical solutions to fight fat, fatigue and hormone havoc.

What Every Woman Needs to Know About Her Gut - Barbara Ryan 2022-04-14

#1 Irish bestseller * Digestive problems * Bloating * Diarrhoea * Constipation * Pain Do you identify with these symptoms? Does your digestive system feel like your enemy? Is your unpredictable gut a source of embarrassment or fear, or is it holding you back? If you're a woman who's answered 'yes' to any of the above, you're not alone. More than two-thirds of people with IBS are female; other gut problems are also more common in women. And your needs are very specific. YOU NEED: Clear, accessible information about and insight into what female hormones can do to gut health YOU NEED: Expert guidance from a consultant gastroenterologist and a clinical dietitian and nutritionist YOU NEED: Stepped, manageable strategies to take control of your troublesome

gut YOU NEED: A diet plan that focuses on your specific requirements, which is flexible, achievable and sustainable YOU NEED: Easy-to-follow recipes that are gut-friendly, delicious and restore your digestive health YOU NEED THIS BOOK! Professor Barbara Ryan and Elaine McGowan, RD, are The Gut Experts (@thegutexperts and www.thegutexperts.com) and have treated over 60,000 patients with every kind of digestive condition and nutritional requirement. They are bringing their expertise and insights to you in this easy-to-digest book. *Fit Not Fat at 40-Plus* - Prevention Health Books for Women 2002-10-18

"If I have to listen to one more 18-year-old in a leotard telling me to 'work it harder,' I'm going to scream!" Finally, a fitness plan for real women! Aerobo-bunnies got you down? In the high-impact world of extreme diet and fitness guides, those of us over 40 can sometimes seem left behind. Well, no more. Finally, there's a weight-loss guide for real women. *Fit Not Fat at*

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40-Plus is the only diet and fitness guide that has analyzed the complex roles of metabolism, hormone changes, physical challenges, and stress in women's post-40 weight gain, and devised a quick-start, easy follow-through plan for immediate results. You will: Never get bored again! Sample hundreds of exciting new exercises, 10-minute workouts, motivational secrets, and insider tricks, everything from how to remain sweat-free to how to look like a pro at your first African dance or yoga class. Boost your metabolism around the clock! More than 100 step-by-step photos of easy-to-follow muscle-building exercises show you how to boost your calorie-burning power by 15 percent-- an extra 300 calories a day--even when you're sleeping! Banish pain and discomfort! Choose from more than 25 specific fitness prescriptions to help relieve everything from asthma and diabetes to osteoporosis and rheumatoid arthritis. Blast cravings and eat all day! Build your 40-Plus Eating Plan around mouthwatering recipes, 14

days of interchangeable meal plans, and the only diet you'll ever need to lose weight, prevent disease, and manage your blood sugar, designed by a dietitian from the Joslin Diabetes Center of Harvard University. Kick your feet up--and lose even more weight! Learn why destressing is your new mandatory weight-loss strategy, and choose from 50 luxurious mini-escapes in the Relax and Recharge Plan-- because you deserve it! In just 1 week, you'll be on your way to shedding pounds, years, and worries. Leave the sweating, injuries, and fad-diet frustrations to those aerobo-bunnies--this plan is for you!

Female Hormone - Emilee Bickert 2021-09-16
Women in their 15-the 20s are always energetic and have elastic skin, but as soon as they are 30 years old, more and more people begin to face various physical discomforts or cosmetic concerns. Obviously, the ovaries are still healthy and secrete a lot of hormones (the English name is a hormone, which is translated as hormone and is derived from the Greek word meaning

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"activation"), but many women have become weakened and unable to adapt to the effects of hormone secretion. At the age of 45 to 55, female hormone levels will drop rapidly, causing menopausal disorders and making women miserable; until the age of 55 to 70, the changes stabilize and unexplained physical discomfort symptoms will decrease. Maintaining a minimum female hormone value is the key to avoiding bone and skin aging and reaping healthy and beautiful old age. In order to live a healthier and longer life, the most important thing is to pay attention to the signs of cancer. Women around the age of 50 must be especially careful of breast cancer or uterine cancer. They must be checked regularly so that even if something goes wrong, it can be detected and early. treatment. In our vigorous youth period, female hormones can bring good effects on health and beauty; conversely, during periods of poor physical and mental health, female hormones can also cause various problems. Exercise the body and adjust

the mental state to maximize the power of female hormones. Please refer to this book and work hard to improve your female hormones! Well done! Your journey of searching may come to the end as you reach the book, you may did search a lot to get your ideal book. cheers! that book is yours

The Hormone Shift - Dawn M. Cutillo 2012
Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood

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satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman's symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause. CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have "shifted" a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or

even surgical procedures? Learn the ONE MAIN hormonal "shift" that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal "shift" so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancers...and slowing the aging process as an extra benefit! If you are one of the many women saying.... These constant hot flashes are driving me crazy! Is everyone around

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me trying to get on my last nerve? I'm counting FLOCKS of sheep and still can't sleep! I'm working out, eating like a bird and can't lose a single pound! Sex? Are you kidding? I'd rather be sleeping or eating. My thyroid medicine just doesn't seem like it's helping me lose weight. Depressed? That's an understatement, nothing is really fun anymore. This book is a must-read! Estrogen - Quinn Spencer 2018-06-15

Would it help to understand your female hormones better? Estrogen, along with two other hormones, greatly affects fertility, blood pressure, temperature, the reproductive system, emotions, and sexual desires. When you think about it for a moment, it is unbelievable that billions of women go through life with all these fluctuating hormones in their bodies without ever coming to an understanding of what they do to them. They may find themselves having mood swings, hot flashes, or get a burst of lust without realizing where those things are coming from or how to control them. Understanding estrogen is

crucial, and men would also greatly benefit from understanding the women they work with, including their own mothers, daughters, or wives. What if you could influence your estrogen levels, so that you could be more in control, minimize negative symptoms or sudden urges and emotions, or understand yourself better (and therefore, blame yourself less for mistakes you make)? Wouldn't this change your life? In this clear, concise guide to understanding the impact and effects of estrogen levels, you will learn more about essential subtopics, such as: The main ways how estrogen affects your body, your other hormones, your health, and your emotions. Important facts about male and female fertility (and infertility). The reason why estrogen dominance can speed up the aging process. Crucial foods that help reduce estrogen dominance. What you should know about the menopause, and how to handle it the best way. How to prevent hair loss and breast cancer by avoiding chemical estrogens. How to increase

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women's desire for sex significantly. Knowing about estrogen and what it does, is huge! Everyone should learn more about it, and yet, so many people don't. Get smarter. Learn more about yourself and others. This hormone is flowing through your body. It is part of who you are. It would be better for you to understand what is going on inside of you. Add this book to your cart. You won't regret it.

Her Hormones - SHAUGHN. BRIGGS O'BRIEN (PAULA.) 2020-11-26

This may be, and certainly it was intended to be, the first book on female hormones and their effects, especially written for men. The authors suggest that this short book with short chapters should not be read by women at all, though they could/should buy it for their man to read. There are already many books out there for a female readership but either none, or very few, are specifically for men. The idea is, that through plain language and progressive stepwise explanation of the endocrine (hormonal) changes

of the menstrual cycle, the mechanisms will be fully understood and so an understanding of the disorders associated with hormones can be grasped. After explaining the hormones and their mechanisms, full but succinct overviews of commonly associated female problems are set out. They include problems like heavy periods, premenstrual syndrome (PMS), PMDD, polycystic ovaries, endometriosis, the menopause and HRT. After the descriptions of these disorders the authors explain how treatments may or may not work and how these hormonally-related problems can be controlled without drugs, with drugs, with hormones and occasionally with surgery. The authors have experience of many thousands of patients over a time period, and between them more than 80 years of medical practice in this specialty; so who better to address this topic? Importantly, they present these biological phenomena scientifically but in very down to earth terms; they also present how these disorders impact not

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only on the woman herself but on the family, colleagues, and, the main focus, her male partner. It also addresses how males can be sympathetic to their partner's problems, indeed, this is really the main objective of making men aware of HerHormones!

Holy Hormones - Ron Eaker 2000-11

Combining medical facts and real-life experiences with a healing sense of humor, Holy Hormones! encourages women to choose a healthier lifestyle. More importantly, Dr. J. Ron Eaker will show how God's plan, written in nature and the Bible, challenges women to live more joyfully and with greater purpose.

The Secret Female Hormone - Kathy C. Maupin, M.D. 2015-03-02

You know the experiences all too well. You can't sleep, so you start your day feeling exhausted. Seemingly overnight, you can't remember names, places, appointments—things you could previously recite at the drop of a hat. You want to be more active, but you have zero energy for

that. And sex? Forget it! By now, you've probably been told this is "normal," or that it's the "natural" course of aging. And you might even believe it, because so many women approaching midlife have the exact same symptoms. In fact, millions of women worldwide are undiagnosed and untreated for hormone deficiency. As one of the country's leading experts on hormonal balance—and as a woman who experienced these symptoms herself—Dr. Kathy Maupin has identified a debilitating and overlooked health condition: testosterone deficiency syndrome, or TDS. Most people associate testosterone with men, but it's one of the most vital hormones in women, and one of the first hormones that women begin to lose as they enter their 40s. And Dr. Maupin's own research has shown that the symptoms of aging—fatigue, memory loss, moodiness, low libido, and so much more—are initiated and accelerated by testosterone loss. In this book, Dr. Maupin and therapist Brett Newcomb show

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how testosterone replacement can radically improve your life. They share the history and background of hormone replacement therapy, the latest research on treatment options, as well as:

- Tips for dealing with mood swings, changes in sex drive, and maintaining healthy relationships
- Surprising information on the long-term effects and health risks of testosterone loss
- Common myths and misconceptions regarding estrogen and testosterone replacement therapy
- Questionnaires to help you determine your individual hormone deficiencies
- Real stories and personal experiences Dr . Maupin's patients share

Clear, practical, and easy-to-use, this authoritative guide sheds light on the importance of testosterone and will help you reclaim your physical, mental, emotional, and spiritual health.

Female Health, Hormone and Cycles -

Lynette P Harnois 2023-05-07

Of course, female sex hormones- estrogen and

progesterone have the most significant effect on a woman's health; from menstruation, pregnancy, menopause and more. But, your body makes and utilizes a variety of other hormones that affect other aspects of your health- from energy levels, weight, mood and more. This book covers a fundamental overview of menstrual cycle, amenorrhea, the female triad, PCOS, menopause, the effects of hormonal fluctuations in training and the effectiveness of proposed nutritional interventions that can modulate hormonal imbalances across the life course. Improve your knowledge of the menstrual cycle and how this key aspect of women's health has dramatic impact on day-to-day living.

It's Not You It's Your Hormones - Nicki Williams 2017

The essential guide for women over 40 who are on the peri-menopausal roller coaster of hormone fluctuations, and would like to get their mojo back! Natural and practical solutions for lasting weight loss, boundless energy, balanced

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moods and hormone harmony, along with a comprehensive 30 day plan to get results fast.

Progesterone the Ultimate Women's Feel Good Hormone - Dan Purser 2009-07-31

Progesterone The Ultimate Women's Feel Good Hormone answers why you're having those miserable hot flashes, why you're having those horrible night/day/all the DANG TIME sweats. Educates you on the REAL reasons you're having "hormonal" migraines (and it's not a Lortab(c) deficiency as most physicians think). Sleep better, feel sexier and wake up happier. Reduce your risk of breast cancer, heart attacks and strokes, and feel great doing it. Endometriosis is addressed in detail and how it's either a problem with low progesterone, or progesterone resistance (progesterone receptor problem) - NOT lack of a "laser ablation" or hysterectomy Everything's fully referenced, nothing's made up, so you can defend your position with your own doctor, and quote the articles and studies and literature. If that doesn't work (and your

doctor won't listen) Dr. Purser tells you how you can find a doctor to help you with getting natural progesterone or how to even find some over the counter. Dr. Purser lectures about progesterone all over the world and educates physicians on it and the public -- he knows of which he speaks and this book makes it simple to see why. If you're suffering and feeling like garbage from your peri-menopause, get this book NOW and save yourself more sleepless sweaty miserable nights. A female hormone guide book written by a top preventive medicine and endocrine MD/physician researcher. Includes: Dealing with menopause and depression naturally Discover why your menopause cream is not working A true natural menopause guidebook Learn menopause survival that works Prevent PMS mood swings Reduce PMS anxiety Awesome tips for PMS survival, PMS relief, and PMS comfort Hot flash therapy Night sweat therapy Be migraine free with a Natural Migraine cure Be free of

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endometriosis and pelvic pain Find out about a true natural endometriosis medicine Endometriosis therapy & endometriosis causes Endometriosis cure discussed How to naturally deal with endometriosis and infertility It's time to take control of your health, because no one else will.

Modern Menopausal Hormone Treatment - Hilde Löfqvist 2022-02-10

This unique book is structured to give the reader a comprehensive view to understand the decline of hormones at midlife and the risks and benefits of evidence based hormonal treatments. The difference between bio-identical and synthetic hormones is shown. With this book the author intends to restore the trust of the mostly positive effects of hormone treatment during menopause. In this book effective hormone treatments that may be carried on for years are discussed. Those hormones may even prevent age related diseases (arthralgia, osteoporosis, cardiovascular diseases) if started at the right

time frame directly after menopause, known as "window of opportunity". This book fills a gap for medical health providers and can be of benefit for all women searching evidence-based information and answers on hormone menopausal changes and treatments. The book provides the reader with case histories to show how different women are at the menopausal transition, and what the doctor has to consider in the choice of investigation and treatment.

Sex Hormones, Exercise and Women -

Anthony C. Hackney 2023-06-05

Now in a revised and expanded second edition including seven brand new chapters, this book compiles and synthesizes the latest research and clinical evidence regarding the intricate relationship between sex hormones and the physical activity level and overall health of the female endocrine system across the lifespan. Expert authors from around the world discuss in detail the impact of sex hormones on energy metabolism, cardiorespiratory system, nervous

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system, and musculoskeletal health, as well as environmental and psychological factors affecting exercise and sexual health. Considerations of the hormonal and physiological changes to the menstrual cycle and in menopause due to exercise receive chapters of their own. New to this edition are discussions of pregnancy, menopause, aerobic endurance training, the transgender athlete, sports performance, and the future of sports and exercise science relating to the active female. Covering a hot topic in sports medicine and science, **Sex Hormones, Exercise and Women**, Second Edition will be of interest to researchers, clinicians, exercise scientists, and residents and fellows in these areas.

Women, Food and Hormones - Sara Gottfried
2021-10-07

THE NEW YORK TIMES BESTSELLER New York Times bestselling author Dr Sara Gottfried shares a new, female-friendly Keto diet that addresses women's unique hormonal needs, so

readers can shed pounds and maintain the loss more easily. Most diet plans were created by men for men, but women's bodies don't work the same way. Popular programs can actually make it harder for women to lose weight, because they can wreak havoc on a woman's complex and delicate hormonal system. Dr Sara Gottfried has spent her career demystifying hormones and helping patients improve their health more broadly with personalised medicine. In **Women, Food, and Hormones**, Dr Gottfried presents a groundbreaking new plan that helps women balance their hormones so they can lose excess weight and feel better. Featuring hormonal detoxification combined with a ketogenic diet that is tailor-made for women, coupled with an intermittent fasting protocol and over 50 delicious and filling recipes, this book shares a fat-burning solution that gets results.

Hormone Repair Manual - Lara Briden
2021-02-22

"The book my patients have been waiting for."

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Dr Peta Wright, gynecologist and women's health advocate *Hormone Repair Manual* is a practical guide to feeling better in your 40s, 50s, and beyond. It explains how to navigate the change of perimenopause and relieve symptoms with natural treatments such as diet, nutritional supplements, and bioidentical hormone therapy. Topics include: - Why everything is different after "second puberty." - How perimenopause can be a tipping point for long-term health. - The four phases of perimenopause. - The role of testosterone and insulin in weight gain. - How to speak with your doctor about hormone therapy including natural progesterone. - Treatment protocols for all common perimenopause symptoms including night sweats, insomnia, migraines, and heavy periods. - Risk reduction for osteoporosis, heart disease, and dementia. Written by best-selling author and naturopathic doctor, Lara Briden, the book is backed by evidence-based research and real-world patient stories. Praise for *Hormone Repair Manual*: "The

book my patients have been waiting for -- a science and whole woman based approach to the menopausal transition that will give women the wisdom, language, and practical tools to navigate menopause and unveil this time for what it really is -- one of the most transformative and empowering chapters of a woman's life." Dr Peta Wright, gynecologist and women's health advocate "This lively, clear and supportive book provides positive and helpful information that many women need as they approach perimenopause and beyond." Jerilynn C. Prior MD, author of *Estrogen's Storm Season* "Essential reading for all women over 40, and their doctors!" Dr Natasha Andreadis, gynecologist and fertility specialist "Evidence-based natural solutions for optimizing women's health and wellbeing in their 40s, 50s and beyond." Dr Fatima Khan, menopause specialist *Menopause, Me and You* - Ellen Cole 2013-11-12 *Menopause, Me and You* will help you put menopause in proper perspective--as a normal

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and natural developmental process in the lives of women, not as a disorder or state that causes disease. This informative book gives you self-monitoring tools for collecting information and monitoring changes in your body during menopause. These tools will also help you understand the dynamics of the change process. A guideline as to how to best use this information when interacting with care providers--especially those who view menopause as a disorder to be treated--is also included. Menopause, Me and You is filled with information-gathering tools, scientific facts, and stories from the true "experts" on menopause--the women themselves who have experienced or are experiencing menopause. In chapter after chapter, you'll gain valuable information for viewing menopause from a woman-centered perspective. Specifically, the book includes: detailed information on conception and fertilization, reconceptualizing these events from a woman-centered, feminist perspective a

description and reconceptualization of the menstrual cycle and menstruation, providing the knowledge base--the physiological, endocrinological, and biochemical mechanisms that regulate the menstrual cycle and menstruation--to understand menopause as the closure of menstrual life and not the end of life a journey into the steroid hormone target cell--shows, at a scientific level, that women were genetically programmed to end the production of reproductive hormones a description and clarification of some of the terms used to describe menopause common menopausal changes and diseases attributed to being estrogen-deficient tools for gathering information, for "discovering knowledge," about yourself--a menstrual calendar card, hot flash body diagrams, a basal body temperature record, a body composition record, a menstrual bleeding scale, and factors to consider when choosing a care provider The women who share their experiences in Menopause, Me and You

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represent women at various stages of menopause. They describe for you what they are feeling as well as what it means to be a mid-life woman at the closure of reproductive life; they celebrate the end of menstruation but curse the changes--including mood swings, hot flashes, and vaginal/bleeding changes--they are experiencing. These changes are normal and expected, however, and need to be understood in that context. They are not symptoms of disease or an excuse for care providers to instantly prescribe hormones or drugs. With the information in *Menopause, Me and You*, women nearing or experiencing menopause, health care providers, such as nurses, health educators, and physicians, and counselors will better understand how women view this transition and come to accept it as another normal, necessary, and beautiful process in the lives of women.

A Quick Guide to Balancing Your Hormones

- Patrick Holford 2014-03-27

Unbalanced hormones can cause havoc with your health - and are becoming more common. In this invaluable guide, nutrition expert Patrick Holford demonstrates how you can maintain - or regain - your hormonal balance through diet, supplements and lifestyle changes. Hormones are influenced by numerous factors so you'll find a range of topics covered, including: * Understanding the female hormones oestrogen and progesterone * Why hormonal problems are on the increase * How to avoid hormone disruptors * Why stress and the gut-hormone connection are so important * The essentials of a hormone-friendly diet Concise and easy to understand, *A Quick Guide to Balancing Your Hormones* can help women avoid hormonal health issues and enjoy good health at all stages of life. NOTE: the information in this book is taken from *Balance Your Hormones*, by Patrick Holford.

How To Get More Female Hormones:

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