

Sex Hormones Causing Weight Gain

Is It Me or My Hormones? - Marcelle Pick 2014-03-03

One of the most common and agonizing problems women face today is hormonal imbalance. Sometimes it's a nightmarish premenstrual syndrome—depression, cravings, bloating, weight gain, irritability, and even out-of-control rage for up to three weeks each month. Sometimes it's periods so painful that you have to arrange your entire life around your cycle. Sometimes it's a rocky passage into perimenopause that changes everything you know about yourself and your body. Luckily, you can resolve these hormonal issues—you just need accurate, actionable information to do so. In *Is It Me or My Hormones?*, Marcelle Pick, author of *The Core Balance Diet* and *Is It Me or My Adrenals?*, delves into the often misunderstood world of female hormonal imbalance. Sharing her personal struggles and her experiences with patients, Marcelle helps you understand how the right diet, exercise, supplements, herbs, and psychological support, occasionally complemented with bioidentical hormones, can free you from hormone disruption. After walking you through the basic science of how your hormones affect your body, mind, and emotions, Marcelle lays out an accessible, easy-to-follow, 28-day program—complete with schedules, exercises, supplements, meal plans, and recipes—that will stabilize your hormones in just one month and make you feel like yourself again. Unlike many medical professionals, Marcelle knows that your symptoms aren't "just a normal part of being a woman" or "not that big a deal." And in this book, she validates your experience of hormonal imbalance and opens your eyes to the power you have over your health. So join Marcelle on this journey to implement simple, natural changes that will help eliminate your cravings, depression, mood swings, and weight gain, and make you feel energized, sexual, and in command of your life!

The Hormone Reset Diet - Sara Gottfried, M.D. 2015-03-17

The Harvard-educated physician and New York Times bestselling author of *The Hormone Cure* shows you how to grow new receptors for your seven metabolic hormones, making you lose weight and feel great fast! When it comes to weight loss, most people don't think about hormones. But when you develop resistance to your seven major metabolic hormones—cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogen—your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism. And a slower metabolism leads to weight gain and difficulty losing weight. The solution, Dr. Sara Gottfried contends, is to reset the efficiency of your hormones by repairing and growing new hormone receptors. Based on leading scientific research, *The Hormone Reset Diet* is her proven weight loss and energy program to reverse hormone resistance in just three weeks. It will help you: Boost your metabolism and calorie burning by growing new and fresh thyroid receptors; Increase your weight loss by re-balancing estrogen and progesterone receptors; Reverse your aging by resetting glucocorticoid receptors (for better processing cortisol). For the last twenty years, this Harvard-MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most: excess weight, lack of energy, aging, and illness. Going beyond her bestselling *The Hormone Cure*, this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss.

The Hormone Revolution Weight-Loss Plan - Karlis Ullis 2003

Reveals how to apply clinical information about aging and the body's natural hormones to lose weight, providing specific information on what and when to eat in relation to exercise and sleep. Reprint. 15,000 first printing.

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 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 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!

The Hormone Fix - Anna Cabeca, DO, OBGYN, FACOG 2019-02-26

NATIONAL BESTSELLER • For women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, better sleep, diminished hot flashes, a clearer head, and a rejuvenated sex drive. “Hormone balance is within reach, and this is the definitive guide for reaching that goal.”—David Perlmutter, MD, author of *Grain Brain* As women approach menopause, many start to experience the physical and emotional indignities of hormonal fluctuation: metabolic stall and weight gain, hot flashes and night sweats, insomnia, memory loss or brain fog, irritability, low libido, and painful sex. Too often, doctors tell us that these discomforts are to be expected and that we will have to wait them out during “the change”; some of us even agree to be unnecessarily medicated. But Dr. Anna Cabeca’s research and experience with thousands of her patients show that there is a fast-acting and nonpharmaceutical way to dramatically and permanently alleviate these symptoms. *The Hormone Fix* introduces Dr. Cabeca’s unique Keto-Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body’s cellular pH to a healthy alkaline level. The proven result: balanced cortisol and reduced output of insulin, the hormones most responsible for belly fat and weight gain, plus an increase in oxytocin, the “love and happiness” hormone. Whether you are perimenopausal, menopausal, or postmenopausal, *The Hormone Fix* offers an easy-to-follow program, including • a 10-day quick-start detox diet to jump-start weight loss and reduce symptoms immediately • daily meal plans and weekly shopping lists to take the guesswork out of a month’s worth of Keto-Green eating • 65 delicious and easy-to-make recipes for breakfast, lunch, dinner, smoothies, and soups • detailed information on vitamin and mineral supplementation that optimizes hormone balance • simple self-assessments and recommended

optional lab testing for a better understanding of your hormonal status • tested and trusted stress-reduction and oxytocin-amplifying advice and techniques With *The Hormone Fix* you can expect to trim down, tap into new and unexpected energy levels, enhance intimacy, and completely revitalize your life! Ready for your fix? "The Hormone Fix is a treasure trove of accurate and user-friendly information that all women who are suffering during menopause need to know and apply."—Christiane Northrup, MD, author of *The Wisdom of Menopause*

A Woman's Guide to Natural Hormones - Christine Conrad 2005-12-06

More doctors are recommending natural (also called bio-identical) hormones because they offer all the advantages of synthetic hormone replacement therapy (HRT) without the negative side effects or long-term health risks. Unlike synthetic HRT, natural hormones are bio-identical: they match a woman's own hormones exactly and don't interfere with the body's normal hormone production. They are safer and more effective, providing protective benefits that range from alleviating unpleasant symptoms of menopause, perimenopause, and PMS to protecting against osteoporosis, endometrial cancer, and other diseases. Topics covered include: - What are natural hormones and how do they work? - Why are natural hormones better and safer than synthetic HRT drugs? - Do natural hormones increase the risk for breast cancer? - Can natural hormones control midlife weight gain? - Does natural progesterone help alleviate PMS? - Will natural hormones improve skin? - How to find the right doctor - The latest on the recent NIH study *It's Not Your Fault It's Your Hormones* - Mitchell R. Suss 2019-06-25

All too often, women are told that feeling overweight, moody, asexual, tapped out, dried up, stressed out, and sleep deprived is just part of aging. Or they're led to believe that the answer can be found by taking hormone replacement treatments (HRT) Finally, author and wellness entrepreneur Mitchell R Suss, in his new book "It's not your fault, its your hormones!" offers encouragement for women seeking non-pharmaceutical ways to cut down on weight, mood swings, hot flashes-while staving off heart disease, breast cancer, osteoporosis and other diseases of aging. Mitch's book is the answer for women struggling with weight gain and harsh menopausal symptoms that can disrupt a women's life as she ages. He introduces a hormone free, drug free, all natural alternative program to hormone replacement therapy (HRT) created by women's hormone and health expert, Dr Siobhan Kealy. Combining natural therapies with rigorous scientific testing and comprehensive lab work, Dr Kealy can identify the common causes of hormonal imbalances and abnormal weight gain. As a functional medicine doctor, she addresses fat loss and fat loss resistance from a completely different approach than traditional (HRT) practitioners. Dr Kealy's program will free you from sugar cravings, calorie counting, and the roller-coaster diet mentality. It is designed to change your habits so you'll instinctively be eating in ways that are aligned with your female genetics and metabolic hormones. Women today do not need to accept the hormonal hell of being fat, tired, stressed, and never in the mood for sex-"It's not your fault, Its your hormones!" Gives you a safe and effective, easy-to-follow program to balance your "Hunger Hormones", lose fat, gain muscle without the use of hormone pills, drugs or antidepressants. "It's not your fault, Its your hormones!" Brings to light the secrets that every middle-age women must know to turn on your "Weight loss Hormones", control your "Hunger Hormones" and crank up your "Feel Good Hormones"! This highly anticipated book reveals why women are experiencing the ravages of menopause, weight gain, night sweats, irritability, and how your body's own natural hormones create a "seismic shift" during menopause. "Its not your fault, It's your hormones!" answers questions you probably didn't know enough to ask: . Why do menopausal women gain weight, even while exercising more and eating less? . Why I am accumulating a bigger waistline? . Why am I feeling so tired, sluggish and empty? . Why am I not getting quality sleep? . And why did my sex life come to a complete stop? And What Should I Do about this, and how should I make it work? There is no reason to suffer or expose yourself to the many side effects of (HRT) "Its Not Your Fault, Its Your Hormones!"... Inspirational, Educational, Motivational!

Exploring the Connection Between Weight and Fertility - Aurora Brooks 101-01-01

Are you struggling with fertility issues and wondering if your weight could be a contributing factor? Look no further than "Exploring the Connection Between Weight and Fertility." This short read book delves into the intricate relationship between weight and fertility, providing you with valuable insights and information to help you on your journey towards parenthood. In the first section, "Body Weight and Reproductive

Hormones," we explore how weight can impact the delicate balance of reproductive hormones in both men and women. Discover how obesity can disrupt hormone levels and lead to infertility, as well as the specific connection between Polycystic Ovary Syndrome (PCOS) and weight. The next section, "Underweight and Infertility," sheds light on the lesser-known issue of being underweight and its impact on fertility. Learn about the link between amenorrhea and weight, as well as the surprising effects of underweight men on fertility. For those looking to shed some pounds, "Weight Loss and Fertility" provides valuable guidance. Explore healthy weight loss strategies that can improve your chances of conceiving, as well as the specific relationship between weight loss and PCOS. Additionally, discover how weight gain can also affect fertility, including the hormonal changes associated with weight gain and its impact on male fertility. Maintaining a healthy weight is crucial for fertility, and the section on "Healthy Weight Maintenance" offers practical advice on how to achieve and sustain a healthy weight. Learn about the role of exercise and diet in fertility, and explore medical interventions such as In Vitro Fertilization (IVF) and Bariatric Surgery and their connection to weight. Finding support during your fertility journey is essential, and "Support and Resources" provides you with valuable information on support groups specifically tailored to weight-related infertility. Additionally, learn about fertility specialists who specialize in weight management and can provide you with the guidance and support you need. With a comprehensive FAQ section, "Exploring the Connection Between Weight and Fertility" addresses common questions and concerns that individuals facing weight-related infertility may have. Don't let weight be a barrier to your dreams of starting a family. Arm yourself with knowledge and empower yourself with "Exploring the Connection Between Weight and Fertility." Start your journey towards parenthood today. This title is a short read. A Short Read is a type of book that is designed to be read in one quick sitting. These no fluff books are perfect for people who want an overview about a subject in a short period of time. Table of Contents Exploring the Connection Between Weight and Fertility Body Weight and Reproductive Hormones Obesity and Infertility PCOS and Weight Male Obesity and Fertility Underweight and Infertility Amenorrhea and Weight Underweight Men and Fertility Weight Loss and Fertility Healthy Weight Loss Strategies Weight Loss and PCOS Weight Gain and Fertility Hormonal Changes and Weight Gain Weight Gain and Male Fertility Healthy Weight Maintenance Exercise and Fertility Diet and Fertility Medical Interventions for Weight-related Infertility In Vitro Fertilization (IVF) and Weight Bariatric Surgery and Fertility Support and Resources Support Groups for Weight-related Infertility Fertility Specialists and Weight Management Frequently Asked Questions 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.

Could It Be the Perimenopause? - Laurie Ashner 2011-11-30

Gail Sheehy in the *Silent Passage* called menopause the calm after the storm. This book is about the storm itself. Much is known about the menopause, its symptoms and effects on women's lives but very little has been mentioned so far on the decade leading up to the menopause during which time ovulation decreases and estrogen levels are destabilising. Every woman experiences it yet it is one of the least understood, most misdiagnosed and most confounding stages in a woman's life. Could it be. . . . Perimenopause? outlines the symptoms - both psychological and physical - which are a direct result of this hormone imbalance and shows how best to combat them. It gives you the facts you need to make clear choices about medicinal and natural therapies and it teaches you about following a healthy lifestyle -such as diet, nutrition, exercise and vitamins - that you can start today and that will bring about far-reaching ramifications for your future

overall health. Could it be. . . . Perimenopause is essential reading for all women.

Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estroge - M.A. Wright 2010-12

Feel great, look great, lose weight, and have better sex! Discover groundbreaking scientific secrets about bioidentical hormones unknown to most people, including most physicians. Use the guidance of hundreds of anti-aging physicians and researchers to minimize and reverse aging. Learn how hormonal and metabolic disturbances make you sick and fat. Change your life and feel young again with the Wiley protocol. Mimic the cyclic monthly hormones of a healthy 20-year old. Understand imbalances in insulin, adrenal, thyroid, growth hormone, and sex hormones. Find out how hormones become deficient and unbalanced, especially during menopause and andropause. Replace missing hormones AND minimize your cancer risk. Use this book to work with a forward-thinking, knowledgeable physician in your area who will prescribe ALL of the bioidentical hormones that you need in the dosages and rhythms needed. No other book available presents hormonal optimization in such a comprehensive and integrated manner.

Women, Weight, and Hormones - Elizabeth Lee Vliet 2001

Why don't most popular diet plans work for post-menopausal women; and if they do, why do women have to work at it three times as hard and four times as long to lose half the weight a man does? Dr Elizabeth Lee Vliet answers the questions in a groundbreaking book that will be a godsend to every woman who has tried and failed to stop the dreaded 'inevitable' weight gain that comes with mid-life. In this book Dr Vliet explains how and why hormone imbalances are the major factor in the mid-life woman's inability to lose weight and how balanced hormonal production combined with exercise and a proper diet can lead to a breakthrough in mid-life fitness, health and well-being.

Hormone Balance : How To Reclaim Hormone Balance, Sex Drive, Sleep & Lose Weight Now - The Blokehead 2015-06-15

Hormones are chemicals secreted into the blood from glands, such as the pituitary and adrenal glands. They work as part of a complex network, referred to as the endocrine system. The endocrine and nervous systems work together to form the control systems of the body. A balanced hormonal system is able to correctly govern growth, sleep cycle, mood, immune system, metabolism, hunger, sexual arousal and fertility, among other things. Hormones prepare your body for both immediate and long-term changes. From sending a flight-or-flight signal during an emergency, to initiating the physical changes of puberty or menopause, hormones are the messengers of our chemical communication system. Understanding hormones helps us to identify symptoms of an imbalanced system, and take appropriate actions to address the problem. Grab the book to discover more!

Polycystic Ovary Syndrome - Andrea Dunaif 2008-01-12

This volume includes the latest diagnostic criteria for PCOS and comprises the most up-to-date information about the genetic features and pathogenesis of PCOS. It critically reviews the methodological approaches and the evidence for various PCOS susceptibility genes. The book also discusses additional familial phenotypes of PCOS and their potential genetic basis. All four editors of this title are extremely prominent in the field of PCOS.

Fat Loss Secrets that Really Work! Balance Your Hormones: Insulin, Estrogen, Progesterone, Testosterone, Thyroid, Cortisol, and DHEA - Y.L. Wright 2012-01-01

Read this book and learn the secrets that will enable you to regain your health, look great, feel great, lose weight, and have better sex! Discover how everyone can be permanently successful with fat loss without resorting to one of the latest diet fads. Popular weight-loss methods and diets do not work long-term and may be dangerous to your health when followed for any length of time. The problem is that none of these popular weight-loss methods consider your hormones. Most overweight people have unbalanced hormones, more so if they have been dieting on and off for years and years. Find out exactly how to correct the hormonal problems that prevent you from losing fat, especially belly fat, and how to finally and easily normalize your weight for the rest of your life. This is the fourth book in the series, "Bioidentical Hormones," bringing you the latest information from cutting-edge anti-aging physicians, supported by research presented in medical journals.

The Hormone Cure in 30 Minutes - Garamond Press 2013-05-09

The Hormone Cure ...in 30 minutes is the essential guide to quickly understanding the important health lessons outlined in Dr. Sara Gottfried's groundbreaking best seller, *The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol*. In *The Hormone Cure*, Dr. Sara Gottfried, a board-certified gynecologist and a graduate of Harvard Medical School, debunks the myth that hormonal relief can be found only through prescription pills. Instead, she believes that the stresses of hormonal imbalance can be cured through natural methods. The Gottfried Protocol is a hormone cure program that has helped thousands of women achieve optimal health and wellness through changes in diet and lifestyle, in addition to supplements and medications. Backed up by years of research and rigorous scientific testing, *The Hormone Cure* addresses the unique problems that afflict women as a result of hormonal imbalance, and provides a real, lasting solution. Use this helpful guide to understand *The Hormone Cure* in a fraction of the time, with tools such as: Explanations of the essential concepts from *The Hormone Cure*, including an explanation of the Gottfried Protocol Suggestions for applying Gottfried's integrative hormone therapies in everyday life Key takeaways from the cutting-edge medical research in *The Hormone Cure* The critical reception to the work, including key arguments by major publications and thought leaders As with all books in the 30 Minute Expert Series, this book is intended to be purchased alongside the reviewed title, *The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol*.

The Menopause Reset - Dr. Mindy Pelz 2023-06-20

A transformational plan for women who find themselves struggling through their menopausal years and who may be experiencing sudden symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, weight gain, and hot flashes. Are you struggling through your menopausal years? As if from out of nowhere, you experience symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, and hot flashes. Your weight won't budge, no matter how hard you try. How great would it feel to wake up feeling rested; have a brain that is calm, joyful, and clear; and to finally lose weight in an easy and sustainable way? The good news is that there is a way for you to do all of this and more. Nutrition and functional medicine expert and best-selling author Dr. Mindy Pelz has helped thousands of women just like you reset their health during their turbulent menopausal years. Join Dr. Mindy as she reconnects you to your more vibrant and youthful self. In *The Menopause Reset*, you will learn: What hormone changes cause, symptoms, and proven strategies to fix them The best way to stop your menopause-related memory loss How you can put an end to your symptoms without the use of medications How to unstick your metabolism and finally lose the extra weight How to slow the aging process and keep yourself forever young You don't have to suffer through these years. Join Dr. Mindy as she outlines her transformational Menopausal Reset program, which has helped thousands of women get their lives back. Hope is here!

Hormone Reset Diet - Alexander Phenix 2019-10-17

You Are About To Learn How To Lose Weight And Improve Your Energy By Resetting Your Hormones! You've been using the wrong approach to lose weight and keep it off for years; that's why you never succeed to sustainably lose weight! Let me explain why and how... Your body is a complete system with everything working in perfect harmony and balance.... You gaining and losing weight also works in perfect harmony and if anything is out of balance, nothing you do is likely to be sustainable! Weight loss is as a result of the interaction of many processes - calories in and calories out is just one of the many factors. Other things happen behind the scenes that determine whether you lose weight and keep it off. And one of the most important ones is your hormones; if your hormones are working against your weight loss efforts, you can starve or count calories/carbs all you want; it won't be sustainable - you will gain all the weight shortly after! And that's where the process of resetting your hormones comes in! Yes, you could literally make your hormones to support your weight loss endeavors through resetting your hormones, not by using some magic 'hormone reset' button but by relying on one of the things that greatly contribute to the balance or imbalance of your hormones - your diet! So if you have tried all manner of popular types of dieting, exercising and everything else you can think of but nothing seems to work for more than a few weeks or months... You've come to the right place. You see, achieving a healthy weight and increasing vitality in your body doesn't have to be difficult. In fact, it's easier than you think. According to an article

published in Fox News, resetting your hormones is the best way to lose weight and boost energy, which in turn improves countless areas in your life, including your sex life. That simply means that by simply resetting your hormones, you could achieve your desired weight and improve your energy levels without trying too hard. I know you may be wondering... Can I reset my hormones naturally? Is there a one-fits-all way of resetting all the hormones? Which hormones should be targeted? How do you isolate them? How long does it take to start seeing results? If you have these and other related questions, this book is all you need. So keep reading to uncover the details of how to reset your hormones the right way, including how you can use dieting and physical exercising to do it. Here's just a tiny fraction of what you'll discover: The basics of the hormonal reset diet, including what it is, how it works, why it works and more 21-day reset preparation The ins and outs of the 7 hormones that have a direct and indirect link to weight loss, including estrogen, insulin, Leptin, Cortisol, Thyroid hormones, Growth hormone, Testosterone What can you do after the reset? The role of physical exercise Meal planning for hormone reset And much more! Take a second to imagine how you'd feel once you finally achieve the weight you've always targeted, and how your family

and friends would react when they see the healthier-looking, animated person you become. How would life be when you're finally filled with an amount of energy and vitality... how much more would you achieve? If you truly have a burning desire to improve your health, size and vitality as soon as possible, Click Buy Now With 1-Click or Buy Now to get started!

Screaming to Be Heard - Elizabeth Lee Vliet 2000

Observations, anecdotes, and illustrations from one of America's favorite writers.

[The Complete Idiot's Guide to Hormone Weight Loss](#) - Alicia Stanton, M.D. 2011-09-06

How to stay slim...even when your hormones are working against you. For many people, trouble losing weight isn't about will power - it's about hormones. Stress, estrogen loss, thyroid imbalance, are just a few of the hormonal conditions that can lead to weight gain regardless of how much one diets or exercises. The Complete Idiot's Guide® to Hormone Weight Loss offers detailed yet accessible explanations of these conditions and provides readers with diet plans, eating strategies, exercise tips, and other useful information that will enable them to win the uphill battle against unwanted weight gain.

Sex Hormones Causing Weight Gain:

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