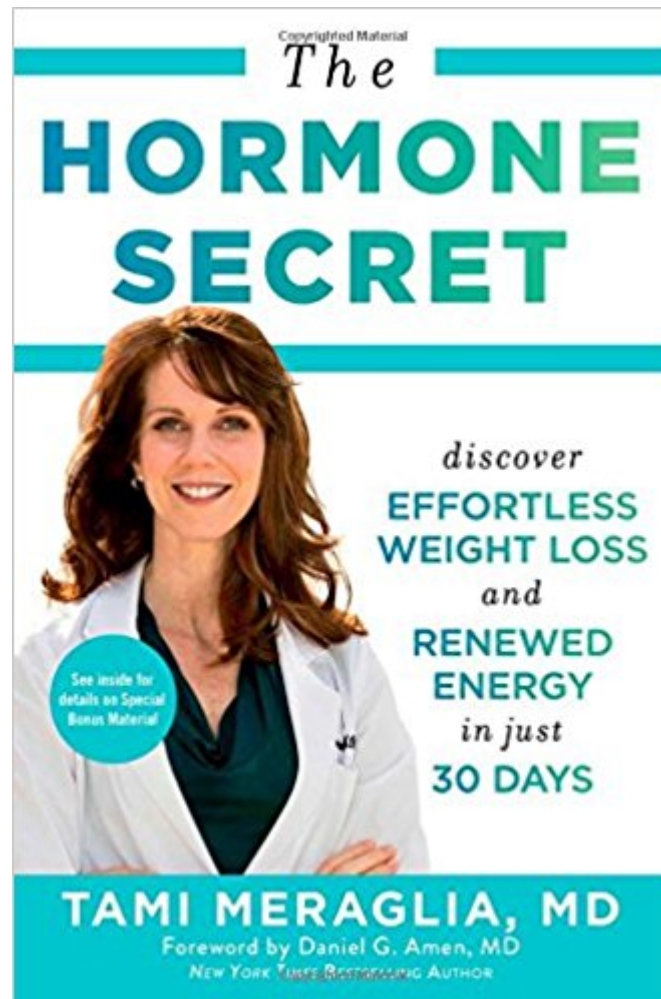


The book was found

The Hormone Secret: Discover Effortless Weight Loss And Renewed Energy In Just 30 Days



Synopsis

From an expert in integrative medicine, a thirty-day plan to help women lose weight and look and feel years younger. As they grow older, many women struggle to lose weight. Unlike many men their age, they may also suffer from sleep problems, osteoporosis, and depression. Many women may even feel like they age less slowly and gracefully than their male counterparts. Dr. Tami Meraglia knows that the magic word here is testosterone. While there is ample discussion in the medical community about the effects of estrogen loss, few people are aware of the importance of sufficient testosterone levels in women. A healthy dosage helps women slim down, improves their mood, lowers the risk of cardiac disease, increases energy and libido, prevents osteoporosis, enhances skin tone and texture, and may even prevent cognitive decline. Yet more than 90 percent of women over age forty-five suffer from low testosterone levels. In *The Hormone Secret*, Dr. Tami offers an evidence-based thirty-day plan to restore healthy levels of testosterone and balance the relative levels of other hormones, based on lifestyle modifications such as supplements and nutritional adjustments. She also offers her Mediterranean Diet-based meal plan and low-impact exercise ideas that will immediately boost your energy. With cutting-edge research and strong scientific evidence to support Dr. Tami's thirty-day plan, *The Hormone Secret* gives you all the information you need to balance your hormones and improve your vitality for a strong and healthy life.

Book Information

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Customer Reviews

I am so glad I came across this book! I lost 11 lbs. after following Dr. Tami's 30 day plan. I am now eating clean about 80% + of the time. I lost my muffin top and now have the confidence to wear shorts & skirts again. She has shown me the way to a healthier way of living. I am still experiencing peri-menopause, but feel so much better and have more energy. I will definitely do a liver detox annually now, and continue to improve on my clean eating!

Great book! Her supplement recommendations have me sleeping again after almost 15 yrs of insomnia. I've tried everything. If you have problems sleeping, I would highly recommend this book to balance hormones & heal your adrenals.

The info is great; but, don't go by the chart results. In one chart, the highest number you could possibly get is 58, yet the explanation categories went all the way to 71 which could not have been achieved. I fell in the average category when I should have been in the worst. It always makes me wonder what other errors there are and why wasn't the material proof-read before being released.

I recently purchased this book. I've spent years trying to balance my hormones and was so close, I needed this book to help me finish getting there. It answered questions I couldn't find answers for, and it helped guide me to the right supplements, some of which I already had on hand. Having struggled with Adrenal Collapse many times in the past 15 yrs, I now know how to stop myself from ever going back there again. It's hard to have a life when you are 63, overweight and sickly. I now feel great and I'm gardening again. I can kneel down and get up without crawling to the stairs or asking for help. I look forward to getting that Harley out of the garage again before the end of summer. I'm telling you, I am so Grateful I found Dr Tami. And I hate doctors!! But this lady did her research and speaks the truth. I've been researching for years also, so I know BS when I hear it. And there isn't an ounce of it in this book. Did I mention I've only finished the 15 day liver cleanse so far and I feel this good? I can't wait to keep going and get the weight off. I'm already losing in places I thought would always be fat. I eat good food and with the green juices I'm never hungry. I've reduced my Armour Thyroid from 180mg a day to 90 mg a day in just 2 weeks, and before I'm done I will not need it anymore. I hope everyone who reads this book gives it a chance. Even if you cannot afford all the supplements, do what you can. Research them and figure out which ones you need the most. Pure Formulas is a great place to get them with free shipping. God Bless you Dr Tami. I wish you were nearby, I'm desperate for a doctor that listens, wants to heal women and doesn't have god syndrome! Now if someone would write one for men!!

An amazing insight into the hormones we need to function in a complete state of health. She includes a list of foods to help balance our neglected hormones. I enjoyed this book and it's a wonderful book to keep on hand for recall on how to plan healthy meals with hormone restoration and balance.

A must have if you are having anxiety problems or perimenopause or hormonal problems. Solid advice and very simple to follow. LOVE it!

Good book. I did the liver cleanse and diet. I'm not as tired mid afternoon. At 60+ I feel so much better.

I thought my muscle loss was 'what happens' with aging despite running further and exercising more. Now I'm hopeful I can get my quads back! Thanks for all the education on the important effects of hormones and the very readable research data. This book provides healthy, natural, nutritional guidance to age well.

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