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### **Book Review The Hormone Cure by Sara Gottfried MD**

In The Hormone Cure, she not only means to sort out the complexities of hormone balance and make it understandable, she offers solutions and numerous resources to help you attain it. She covers so much ground that it is difficult to come up with something that Dr. Gottfried misses in this book.

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### **The Hormone Cure A Book Review Muscle and Manna**

The Hormone Cure: A Book Review Dr. Gottfried, a Harvard-trained OBGYN with an integrative approach, is the author behind The Hormone Cure . She has an approach to hormones that highly values lifestyle and diet adjustments first, vitamin and evidence-based supplements second, and conventional medication last.

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