

## [THE HORMONE CURE BOOK](#)



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Sara Gottfried, MD is the New York Times bestselling author of The Hormone Cure (Simon & Schuster, 2013) and The Hormone Reset Diet (HarperOne, 2015). After graduating from Harvard Medical School and MIT, Dr. Gottfried completed her residency at the University of California at San Francisco.

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### The Hormone Cure by Sara Gottfried MD What to eat and

The Hormone Cure (2013) is a book that describes ways for women to balance their hormones naturally. Dietary recommendations include: Whole foods, not processed; Organic, in season, grass-fed / wild; Limit or eliminate caffeine and alcohol; Specific guidelines for different hormonal issues; Below is a description of the food recommendations in the diet.

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In her book, The Hormone Cure, Dr. Gottfried excels at simplifying the incredibly complex interplay of female hormones. As a medical student, I found her analogies and metaphors absolutely key to understanding many of the challenging nuances of endocrinology.

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