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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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Dr. Sara Gottfried is a wife, mother, friend, scholar, seeker, yoga teacher, and Harvard-trained medical doctor with over 20 years of experience. She s the author of the New York Times bestselling books The Hormone Cure and The Hormone Reset Diet, which are the focus of this interview.

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Dr. Sara Gottfried M.D. is a Harvard-educated physician, speaker, yoga teacher, wife, mom of two daughters, and author of the New York Times bestselling book, The Hormone Cure: Reclaim Balance, Sleep, Sex Drive, and Vitality with The Gottfried Protocol (Simon & Schuster, 2014). She s also a board-certified gynecologist and the creator of an awesome new online program called Mission Ignition: The Energy Cure.

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Dr. Sara Gottfried M.D. is a Harvard-educated physician, speaker, yoga teacher, wife, mom of two daughters, and author of the New York Times bestselling book, The Hormone Cure: Reclaim Balance http://ebookslibrary.club/download/Podcast--108-Dr--Sara-Gottfried-The-Hormone-Cure-Bulletproof-Radio.pdf Book Review of The Hormone Cure by Sara Gottfried MD

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Sara Gottfried M.D. is a mother, wife, Harvard-educated physician, keynote speaker, and author of three New York Times bestselling books, The Hormone Cure (2012), The Hormone Reset Diet (2015), and her latest book Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years (2017).

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