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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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SARA GOTTFRIED, M.D. is the New York Times bestselling author of The Hormone Cure. After graduating from the physician-scientist training program at 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
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