



## The Hormone Shift: Using Natural Hormone Balancing for Your. Mood, Weight, Sleep Female Health

By Dawn M Cutillo

Balboa Press, United States, 2012. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Sex? Are you kidding? I d rather be sleeping or eating. My thyroid medicine just doesn t seem like it s working. Depressed? That s an understatement, nothing is fun. Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years experience she shares many client success stories and the science that makes these results possible. Are Your Hormones Imbalanced? Perhaps your hormones have shifted a bit due to stress, age, pregnancy or menopause.and now you are frustrated trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures. Get the answers on WHY your hormones have shifted and HOW to reverse PMS/menopausal symptoms or conditions that affect your mood, weight and health. You will be amazed how good you can look and feel.rested, calmer, slimmer. with a zest for life that feels like you...



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