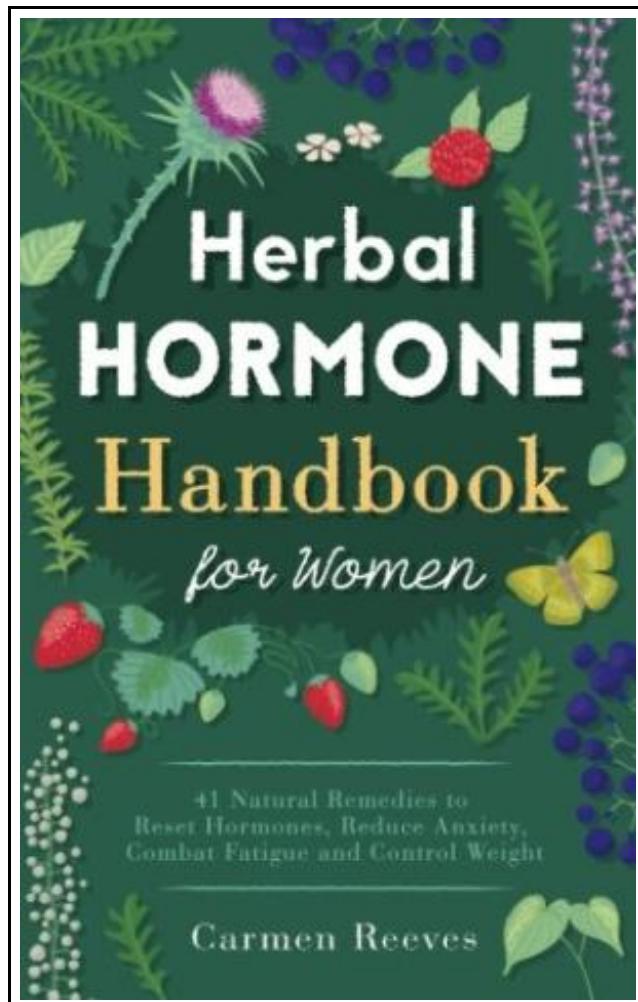


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.#1 Bestseller - Herbal Hormone Handbook for Women Addressing hormonal symptoms for all important stages throughout life 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight Learn how to help your body regain hormonal balance with simple herbal products, nutritive supplements and lifestyle improvements and feel the many benefits of a balanced body. You might be wondering why you are unable to lose weight, why you feel persistent low energy, or why you feel anxious or stressed. It may not always be obvious that our hormones are out of balance and causing these symptoms. You may be relieved to learn that there are ways to detect hormonal imbalances and address them with gentle effective strategies. This book discusses the female endocrine system, the hormones that help carry out complex physiological bodily functions and how we can take steps to assist our body in achieving balance and health. Hormonal health in women is often left unrecognized and ignored until adverse symptoms appear. By learning about our endocrine system and all that hormones do, we can begin to nourish and tend our bodies thus getting to the root of imbalance before it negatively affects our health. This book contains a comprehensive list of hormonal imbalance symptoms and ways to help relieve those symptoms by positively affecting our health with herbs, diet, supplements, exercise and other lifestyle enhancements. In this book you will find: What hormones are and why they are vital A detailed list of common causes of hormonal imbalance How phytonutrients improve hormonal functioning Lifestyle tips that complement a healthy diet Hormone balancing herbs like Vitex, Raspberry Leaf, Motherwort and Wild Yam...

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