

Hormone Balance - Carolyn Dean

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Mood swings. Weight gain. Fatigue. And that's just on your good days. Your hormones are out of whack-and you don't know what to do next. With Hormone Balance as your guide, you'll call on both traditional and alternative solutions to get you off that hormonal rollercoaster for good. No matter what your age or your issues, medical authority and naturopath Dr. Carolyn Dean has a plan for you-one that will help you balance your hormones and achieve greater overall health. Written in her engaging, easy-to-understand style, Hormone Balance is chock-full of information on all aspects of a woman's body: The truth behind PMS; Remedies for monthly challenges such as bloating and cramping; Causes and patterns of perimenopause; Pros and cons of HRT and natural hormones; Protection against osteoporosis; How exercise can make-or break-your hormonal cycle; Tips for a healthy hormonal diet-how to get the right foods and supplements; and more. With solid yet simple information, helpful facts, and prevention plans, Hormone Balance is all you need to feel like yourself again-in mind, body, and spirit!Author: Dean, Carolyn Publisher: Adams Media Illustration: N Language: ENG Title: Hormone Balance Pages: 00320 (Encrypted PDF) On Sale: 2010-10-30 SKU-13/ISBN: 9781593373337 Category: Health & Fitness : Women's Health - General

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