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The Hormone Diet: A 3-Step Program To Help You Lose Weight, Gain Strength, And Live Younger Longer

THE H_♀ORMONE_♂ DIET

"At last, a book about how to achieve hormonal health that looks at the big picture. This book is a treasure."
—Christiane Northrup, MD,
author of *The Wisdom of Menopause*

A 3-Step Program to Help
You Lose Weight, Gain Strength,
and Live Younger Longer

NATASHA TURNER, ND



Synopsis

Many of us experience signs and symptoms of hormonal imbalance every day. Do you have trouble dragging yourself out of bed in the morning? Ever have an uncontrollable sugar craving at 3 p.m.? Chronic headaches? Lack of energy? Do you get stressed just sitting in your office? Our bodies are wired to send us signals when something isn't right, but often we're too busy to hear them.

Compounding the problem is a lack of understanding about the consequences if these symptoms are left unaddressed. Without hormonal balances, we are more likely to succumb to many diseases and illnesses. The Hormone Diet lays out a foolproof plan to balance your life, one hormone at a time. But it is more than just a diet book. Along with advice for weight loss, Dr. Natasha Turner provided recommendations for anti-inflammatory detox, nutritional supplements, exercise, sleep, stress management, toxin-free skin care, and natural hormone replacement combined with a diet plan--all incorporated into a 3-step wellness program focused on the essentials of hormone balance for lasting health.

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Customer Reviews

After having my son, I have tried a lot to lose my pregnancy weight. For over two years, I have tried to lose the weight and without any success (I would lose some weight and it came back on and

even a little more). When I came across this book, it was interesting that all your bodily functions are from your hormones and what you eat has a lot to do with how your hormones function. Before I started this program, I was always very fatigued and never seem to have enough energy to get through the day. It didn't matter how much I slept. I could sleep for 10 to 11 hours and at times, it wasn't enough and I still needed more. I did the detox and right away I could feel a difference in my energy level. Found out that I was intolerant to gluten and allergic to any type of milk products. (Finding out about allergy to milk was from another source. Dr. Turner assumes in her book that you will know if your allergic, but this is one area that I believe she needs to address a little better since I did not know that I had milk allergies - for that matter, allergies to any type of foods) Once I stopped consuming these products, I noticed VERY BIG change in my energy level. It was like I was 20 years younger again and had so much energy that I could match my son's activity level (but not quit). My feet were no longer painful when I got up in the mornings to walk to the bathroom and no longer feeling like a zombie. I have followed her suggestions on the supplements and they do make a big difference. I try to get the brands she recommends and so far they are helping in a major way. I don't suffer as much from the monthly cycle. I used to get migraine headaches for 3 to 4 days straight, but now it's just a headache. What a difference!! The exercise regiment that she recommended seemed a little boring, so I purchased Barry's Bootcamp and enjoy the resistance training. Now I'm doing the 30 day fitness part and hope to lose some more pounds. I've lost over 12 pounds so far and have kept it off - even when I had to go "off" for a while during the Summer time. One thing about the meals is that you're not limited to 3 ounces of meat and her recipes are good tasting, though some I didn't care for as it was not to my taste. When you're young, you can eat what you want, but as you get older, it all adds up and your food intolerances and allergies start to kick in. Even if you're not or don't believe you have any food issues, there are other issues at hand such as stress, sleep, mood, weight loss, and many other issues that revolve around hormones that control how you feel and act.

I have actually purchased 4 hard copy (3 gifted) additions and 2 ebook additions (one gifted) of this book. The knowledge and insight of Dr. Turner is incredible. Both my husband and I and several friends have benefited from the content of this book and now lead a much healthier life. I recommend it to anyone looking to understand hormones and aging and how to live a better life style.

I DON'T FIND FOOD DOES ANY GOOD FOR MY PROBLEMS. I AM DIABETIC AND I DO HAVE

TO WATCH WHAT I EAT FOR THAT REASON BUT OTHER THAN THAT I DON'T SEEM TO FIND IT WORKS FOR ME

I bought it for a lady friend who's dealing with hormone therapy as a result of breast cancer period She was dealing with weight gain as a result of the therapy. Spoke with her this evening it seems she's following the book and the Requiem it's going well.

The Hormone Diet is full of priceless gems whether you're looking to lose weight, heal or just want to feel better and understand the way your body works and how it responds to foods and stress. I recommend it to every adult, male and female. Between Natasha Turner and Christiane Northrup, you have some of the most valuable tools and information at your fingertips.

Will buy again!

Great book

very informative!! I refer back to it regularly. It really helps you to understand what your hormone imbalances are and how to correct them.

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