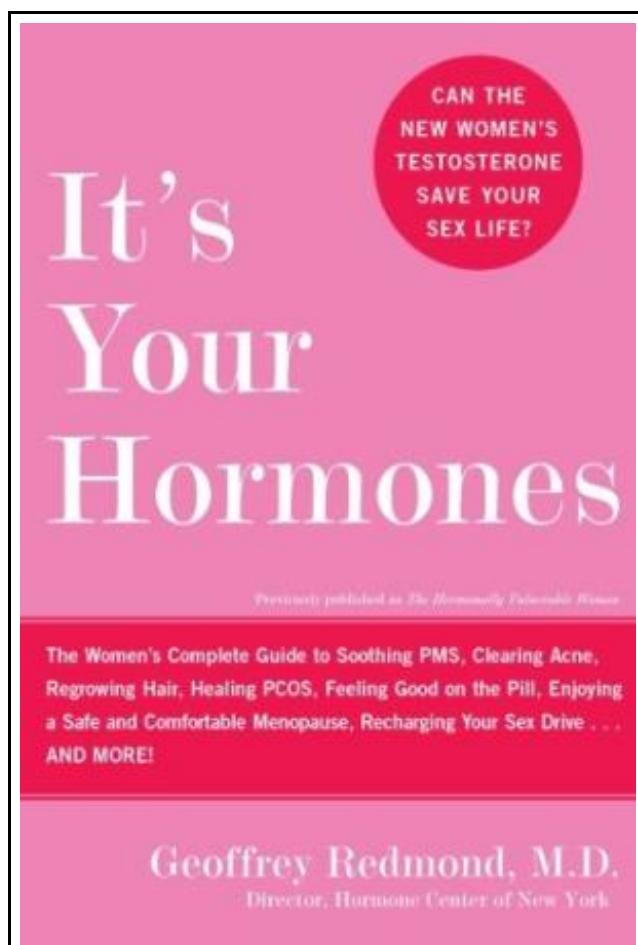


It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Feeling Good on the Pill, Enjoying a Safe and Comfortable Menopause, and More!



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Reviews

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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Feeling Good on the Pill, Enjoying a Safe and Comfortable Menopause, and More!, Geoffrey P. Redmond, This work contains complete cutting-edge medical and alternative strategies for living happily with your hormones, including how to enhance your sex life safely with testosterone. According to Dr. Redmond, the majority women between the ages of 35 and 55 suffer from vulnerability to their own hormones. Appearance, feelings and even sex drive may be affected. Symptoms include thinning hair, persistent acne, mood swings, low energy, loss of pleasure in sex, weight gain, irregular periods, and migraines. While the media has emphasized the problems of menopause, Dr. Redmond explains that many women experience hormonal miseries even in their thirties. Lab tests are often normal because the problem is not the hormones themselves but how a woman's body reacts to them. Healthy, active women suddenly find that once quiescent hormones are ruling their lives. Because their problems are often dismissed as trivial, women who are hormonally vulnerable are frequently thwarted in their quest for help. Dr. Redmond demonstrates, hormonal balance can nearly always be restored with the treatments he details, which include individualized use of prescription medications, herbal supplements, lifestyle changes, and even spiritual practices. With informative sidebars, quizzes, and personal stories of women who have overcome hormone vulnerability, this helpful book will empower you to find treatments for your hormone problems that are tailored to fit your own body, biochemistry, symptoms, and lifestyle.



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