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It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More!

Geoffrey Redmond

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From the renowned director of the Hormone Center of New York: 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 Geoffrey Redmond, M.D., a majority of the 42 million American 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. Too often they are brushed off with remarks such as, "Your tests are normal; there's nothing wrong with you." This is tragic because, as 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.

Many women have heard that testosterone can help sex drive, but most have not been warned about the damage that careless testosterone therapy can cause on skin and hair. In this book, Dr. Redmond, an internationally recognized authority on testosterone in women, explains the only safe ways to use testosterone.

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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The experience that you get from It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More! is a more deep you digging the information that hide into the words the more you get enthusiastic about reading it. It does not mean that this book is hard to comprehend but It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More! giving you excitement feeling of reading. The author conveys their point in selected way that can be understood simply by anyone who read this because the author of this guide is well-known enough. This specific book also makes your own vocabulary increase well. Making it easy to understand then can go along, both in printed or e-book style are available. We highly recommend you for having this kind of It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More! instantly.

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Often the book It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More! will bring one to the new experience of reading a book. The author style to clarify the idea is very unique. Should you try to find new book to learn, this book very ideal to you. The book It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More! is much recommended to you to read. You can also get the e-book in the official web site, so you can more readily to read the book.

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Playing with family in a park, coming to see the water world or hanging out with pals is thing that usually you may have done when you have spare time, subsequently why you don't try thing that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More!, you are able to enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

Gary Farrell:

In this age globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. The actual book that recommended to your account is It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More! this e-book consist a lot of the information with the condition of this world now. This book was represented so why is the world has grown up. The language styles that writer make usage of to explain it is easy to understand. The writer made some investigation when he makes this book. Here is why this book appropriate all of you.

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