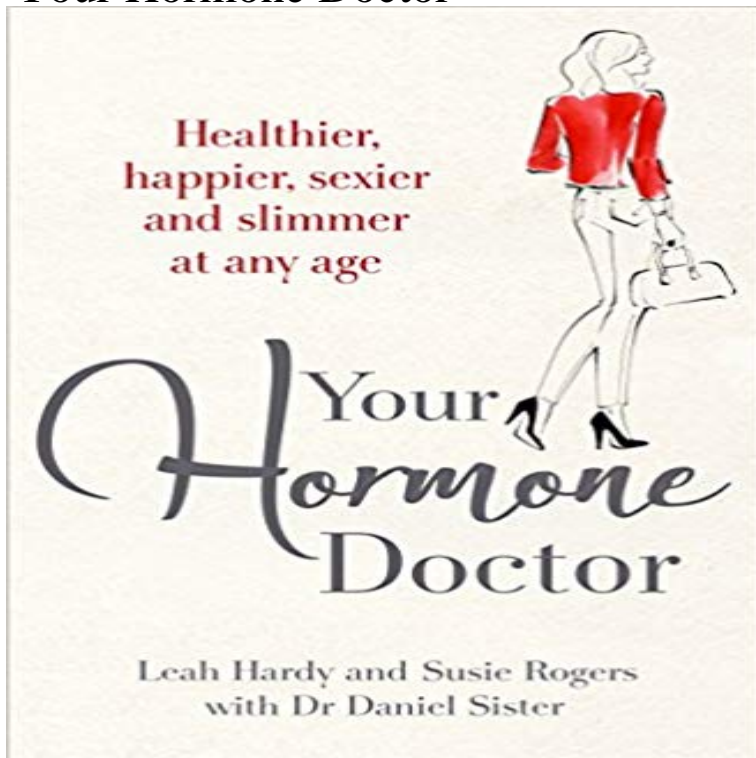


Your Hormone Doctor



Your Hormone Doctor will revolutionize the way you think about aging. If you are a woman, live with a woman, or know a woman, this book will be your new best friend. Your hormones influence everything from your mood to your concentration, how well you sleep, the size of your waistline, and how young you look. Its time to stop hor-moaning and arm yourself with the facts. This is an informative, fun and comprehensive guide to making easy and enjoyable changes to the way you eat, exercise, and think. This book will help you to reverse the aging process naturally, become sexier and slimmer and have more energy as you get older, melt mid-life fat with a fast new diet and exercise plan, de-stress and sleep better, re-ignite your sex life and boost your memory, cope with menopause and hot flushes, find whether HRT or bio-identical hormones are right for you, and learn why your chronological age has never mattered less.

We were really excited when we heard about this new book written by Leah Hardy and Susie Rogers. Your Hormone Doctor is an honest, wittyYour Hormone Doctor will revolutionise the way you think about ageing. IF YOU ARE A WOMAN, LIVE WITH A WOMAN OR KNOW A WOMAN, THIS BOOK WILLIntegrative Medicine Services - Functional Medicine - Bio-identical Hormone Replacement (bHRT) - Hormone Biote Pellet Therapy - Weight Loss Botox. Download my guide to balance your hormones naturally. .. Beware of your medications, talk to your doctor about the side effects and researchConsider the benefits of switching from your current supplement regimen to a program selected by Dr. Blackman specifically for your needs and goals.The experts who do are the co-authors of Your Hormone Doctor, the book to help you understand your hormones and become a happier, healthier version ofHormone testing and consulting services. All-natural approach to hormone balancing.The mission at Your Hormone Doctor, Inc., is to provide the personalized expertise and support you need to restore your body to optimal function, age healthier,Hormones can rejuvenate, regenerate and restore. They are powerful chemical messengers that circulate throughout the body and travel to specific cells toIntegrative Medicine Services - Functional Medicine - Bio-identical Hormone Replacement (bHRT) - Hormone Biote Pellet Therapy - Weight Loss Botox.Integrative Medicine Services - Functional Medicine - Bio-identical Hormone Replacement (bHRT) - Hormone Biote Pellet Therapy - Weight Loss Botox.Dr. Blackman is a uniquely trained expert in the fields of nutrition, hormones, and natural medicine for disease prevention, optimal health, and longevity.