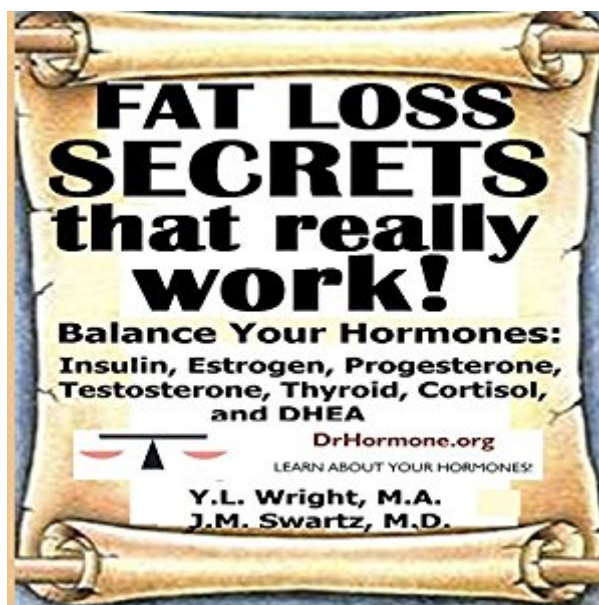




The book was found

Fat Loss Secrets That Really Work!: Balance Your Hormones: Insulin, Estrogen, Progesterone, Testosterone, Thyroid, Cortisol, And DHEA



Synopsis

FAT LOSS SECRETS THAT REALLY WORK!Â Â Balance Your Hormones:Â Â Insulin, Estrogen, Progesterone, Testosterone, Thyroid, Cortisol, and DHEAWelcome to a very different kind of weight loss book. Fat Loss Secrets that Really Work! shows you how you can lose weight without starving yourself or following difficult and dangerous diet plans. Trust me -- I struggled with excess fat, and it was not an easy fix. As the years passed, I felt less and less able to lose the excess fat. I felt hopeless, angry, and confused. My health declined to the point where I finally collapsed into utter exhaustion, unable to do much of anything for months at a time. I decided that I had to pull myself out of the severe health slump that had befallen me. I started looking for answers. In my search for answers, I discovered that: My health problems were primarily caused by my hormones. My doctors knew little to nothing about helping me to heal my hormones. Following their advice and taking their prescriptions would only make me sicker. The information that I needed to heal my hormones, to lose excess fat, and to overcome my health problems was not in books or on the internet. Instead, I turned to the experts. I began years of intense study with the smartest bioidentical hormone replacement experts on the planet. I developed a plan to heal my hormones, lose my excess fat, and completely regain my health. I followed my plan. It worked. And now I want to help you do the same. After all, deciding to lose your excess fat is a decision that you make because you have a vision of a healthier life. It's your chance to take control of your health and your life. Follow the advice in this book to balance your hormones as fast as possible WITHOUT damaging your organs. You will discover the secrets to live a life of renewed health and vigor. Discover how everyone can be permanently successful with fat loss without resorting to one of the latest diet fads. Popular weight-loss methods and diets do not work long-term and may be dangerous to your health when followed for any length of time. The problem is that none of these popular weight-loss methods considers your hormones. Most overweight people have unbalanced hormones, more so if they have been dieting on and off for years and years. Find out exactly how to correct the hormonal problems that prevent you from losing fat, especially belly fat, and how to finally and easily normalize your weight for the rest of your life. This is the fourth book in the series, "Bioidentical Hormones," bringing you the latest information from cutting-edge anti-aging physicians, supported by research presented in medical journals. Fat Loss Secrets that Really Work will teach you how to create the kind of lifelong health that will allow you to look great, feel great, lose weight, and have better sex! --This text refers to the Paperback edition.

Book Information

Audible Audio Edition

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Best Sellers Rank: #103 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition

#182 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions

#586 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

This book is sloppily written. I did not bother to finish reading it. Three books on a similar subject that are superior to this one are: 1. The Hormone Solution: Stay Younger Longer with Natural Hormone and Nutrition Therapies 2. The Miracle of Bio-Identical Hormones, 2nd edition 3. Adrenal Fatigue: The 21st Century Stress Syndrome Another good book that focuses entirely on Thyroid function is: Hypothyroidism Type 2: The Epidemic

If you are a person that "fights their weight" you may be taking up arms against the wrong enemy. We have been so conditioned into believing that weight gain is the result of lack of will power and overindulgence we fail to realize the real culprit may very well be a hormonal imbalance. This amazing book puts weight gain and the treatment of obesity back where it belongs. The regulation of metabolism through balancing of the hormonal system is the key to be found within its pages.

This book is great at explaining Hormones and how they work in your body and how they work together. It is great information.

Was really helpful explaining that our hormones really do have something to do with our gaining weight. Didn't really explain as much about menopause which is what I was looking for.

This has almost nothing new in it and LOTS of scientific errors, e.g., muscle weighs more than fat is just flat wrong. A pound of muscle and a pound of fat both weight, guess what, one pound. Muscle is more DENSE than fat. I thought it might have new info on estrogen, testosterone, and DHEA as in the right amounts for balancing them or what to look for in balanced test results. Not even anything close to that and the estrogen, testosterone info is pretty old and common. I wish I had the nerve to publish a "book" this bad and make money on it. Don't waste your money, unless you haven't read anything about fat loss in the past ten years. Lots of info about supplements and tests you can order from links in the book, which likely result in a fee for the author.

Best hormone book i have ever seen and the info in the book is so great,..this will help alot of women get back on track..thank u

This book? pamphlet is nothing more than you can read off the internet, also it states that you MUST do so much excersize that it makes you out of breath and you have to stop to let your muscles recover, due to burn??What a load of crap I have FMS and can only do slow flow movements!It also advocates lap band surgery! PffttDont waste your money

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Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Testosterone: The Definitive Guide to Boosting Your Testosterone, Gaining Muscle, Increasing Your Sex-Drive and Becoming the Ultimate Male (testosterone, health, fitness) The testosterone book. How to increase your testosterone 100% naturally: The truth about what works to increase your testosterone. Scientifically proven, with the most in-depth research. Testosterone: Boost Masculinity for Sex Drive, Confidence, Muscle Mass, Fat Loss, Energy, Avoiding Hair Loss and other signs of low testosterone Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) Insulin Resistance Diet: Your Step By Step Guide to Cure Diabetes & Prevent Weight Gain - Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your Blood-Sugar) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed!

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