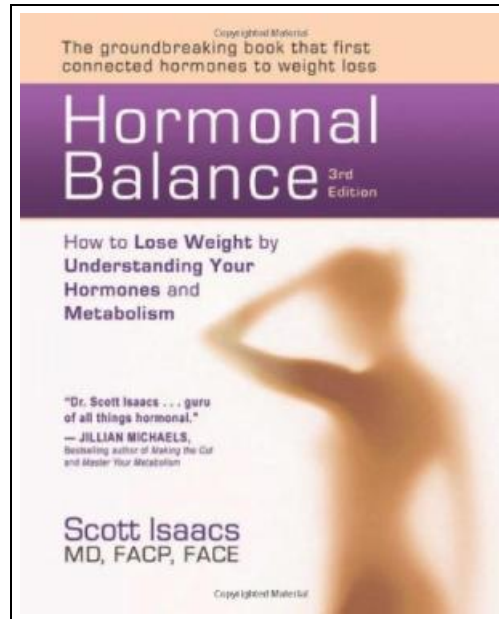


## Hormonal Balance (Paperback)



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### **Reviews**

*Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).*

*(Myrl Hintz)*

## HORMONAL BALANCE (PAPERBACK)



Bull Publishing Company, United States, 2012. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. First published in 2002, this guide pioneered the idea that hormones play a key role in weight loss and weight control. Writing in clear, simple terms, Dr. Isaacs profiles each hormone system, discussing what can go wrong and how imbalances can affect weight and even perpetuate obesity. The book explains how to reverse symptoms of hormonal imbalance through diet changes and other remedies, and then expands the discussion, teaching readers how to deal with everything from menstrual cycles to diabetes by recognizing and remedying hormonal problems. Updated with a more directive how-to approach on balancing hormones, this expanded edition features new research in the area of hungry hormones--including fat, gut, and brain hormones--as well as an easier-to-follow diet and lifestyle program.



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