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Foreword by **CHRISTIANE NORTHRUP, MD**, author of *Women's Bodies, Women's Wisdom*

The **HORMONE CURE**

**NEW YORK
TIMES
BESTSELLER**

• RECLAIM BALANCE,
SLEEP, AND SEX DRIVE

• LOSE WEIGHT

• FEEL FOCUSED, VITAL, AND
ENERGIZED *NATURALLY* WITH
THE GOTTFRIED PROTOCOL

NOW WITH BONUS MATERIAL—
INCLUDING ANSWERS
TO YOUR MOST
URGENT HORMONE
QUESTIONS



SARA GOTTFRIED, MD

A HARVARD PHYSICIAN'S SCIENTIFICALLY PROVEN METHOD
TO OPTIMIZE HORMONES AT ANY AGE

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Dr. Sara Gottfried and

The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight;
Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol



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THE BRAND NEW York Times bestselling guide to hormone balance that helps women of most ages achieve increased energy, resilience, vitality, and sensuality through science-based natural therapies. Predicated on ten years' Dr. most available with out a prescription The Hormone Cure is a groundbreaking book that demonstrates how balancing your hormones could cure underlying health issues and result in restored sleep, greater energy, improved mood, easy weight loss, increased productivity, and more benefits.s organic function • Combining natural therapies with rigorous scientific assessment and using an informative questionnaire to recognize the common causes of hormonal imbalance, Dr. In The Hormone Cure, she shares the initial hormone-balancing program that she has used to help a large number of females reclaim wellness, verve, and optimal wellbeing. Sara Gottfried, a Harvard-educated physician and nationally recognized, board-certified gynecologist, refuses to accept that being a female means sense overwhelmed or that popping pills is the new normal. Gottfried provides an individualized plan in nonjudgmental and thoughtful language. All too often ladies are told that feeling moody, asexual, tapped out, dried up, stressed out, and rest deprived is a part to be female. research of cutting-edge medical research as an expert in functional and integrative therapies, Dr. Gottfried's three-tiered treatment technique includes: •Products and targeted changes in lifestyle that address underlying deficiencies •Natural therapies that restore balance and optimize your body' Dr. Bioidentical hormones—re resulted in think that the answer can be found only at the bottom of a bottle of prescription pills. Or they' Sara Gottfried's The Hormone Cure can transform your life.



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I experience like I acquired more info away of this book for about \$15 than I acquired away 3 naturopaths for approximately \$400! For someone like me with a lot more than 5 symptoms in each category, I think it's worth it. Personally, I really like this book!! I really like it so much I started a facebook support group to greatly help me undertake the protocol and have 80+ women in it within a day! Another naturopath wanted to take progesterone cream that i was extremely hesitant to do and I'm pleased I waiting and do more research and I'm glad I came across this book. I had seen a Facebook (FB) post by the Food Babe over it as I had been doing some research into estrogen dominance and progesterone cream. I was hesitant to buy the book, based from a few of the reviews here on Amazon (observe below for the money on negative evaluations), so I posted in several FB groups linked to hormones and overwhelmingly females recommended the reserve. You may take the questionnaire for free from the book's website. She also dedicates a chapter to common combos. I purchased a few her books, which I have been able to share with others. I ended up getting the Kindle version with audio companion and anticipate getting the physical book aswell (see below for more on format). I didn't discover the book's organization complicated and I didn't have any issues with the friendly tone of the writer. This can be TMI but I've excess facial hair after having a hormonal IUD (Mirena) removed in December, I'm moody/irritable/angry/negative a whole lot, my stomach is bloated, I cannot lose weight despite eating all natural foods, I'm having trouble sleeping and feeling fatigued even if I do sleep, I'm consumed with stress and cannot handle it well, my sex life is nonexistent and that's killing me, was having sugar craving after each meal, low blood circulation pressure, excessive body odor, strange bouts of nausea & D from that. One naturopath said I've adrenal problems and really should take a supplement that I could only get at her office and she said We was estrogen dominate. I feel like I got more information out of the book for about \$15 than I got away 3 naturopaths for about \$400! According to the questionnaire in the publication, most my hormones are out of whack and it's possible my adrenals and thyroid will be the worst or in least contributing to the various other imbalances. I'm looking forward to trying the "Targeted Lifestyle changes and naturaceuticals" as the first step from the Gottfried Protocol. It addresses 7 hormones issues: 1) High Cortisol, 2) Low Cortisol, 3) Low Progesterone and Progesterone Resistance, 4) Excess Estrogen, 5) Low Estrogen, 6) Extra Androgens, and, 7) Low Thyroid. I think you just need to enter your email. I would recommend it to any woman who is having mood, swings, rest disturbances or unhappiness. Consider buying it!! I love that Dr. Most of these things I can easily do without too much trouble. In hindsight, I want I hadn't and simply sent those same money into purchasing her 10 day cleanse or something even more direct. vomiting, etc. I'm so glad I gave this reserve a shot. I've increased my vitamin c intake by 2/3rds, I'm eating 100 grams of prunes a time, and I'm acquiring licorice supplements. I hope to include more of the things over the next couple of weeks. ?? Not practical for meats eaters Publication is biased to plant based foods. I really like the advice she gives regarding Step two 2 "herbs/botanicals". This was so helpful to me. "How to approach herbal treatments: Consult first (focus on changes in lifestyle first then speak to doctor), One herb at the same time (for 6-12 weeks at a time), record any undesirable effects, and for adults just. It is informational, pushes you in the right direction, and provides good resources. I'm new to this region and having a hard time finding the right fit. I'm going to use the website to research even more practitioners in the region. I really like that the first step is things you can do (yoga, therapeutic massage, meditation, acupuncture, exercise, etc) and factors you can eat (prunes, pomegranate, and grapefruit juice) and products (Vitamin C, Licorice, Vitamin B5, Fish essential oil, etc). Great book Very informative. I listened to the whole issue rather than skipping though. I love to know the science stuff. She clarifies this in the "How

to utilize this book” as streamlined or comprehensive approach. I find the latter. Some of the evaluations seem so odd if you ask me. Some people state there’s nothing new here. However, I came across a lot of great new details in this reserve. I didn’t discover the language as well “doctor” or over my head at all. I didn’t find it long-winded or repetitive at all. Things have already been off for me for some time and We’m only in my own mid 30’s. Smart and interesting I don; Within a week or less I started sleeping during the night for the first time in weeks.. She actually talks about scientific studies that explain different exercises (thirty minutes 4 days weekly and not over carrying it out). I didn’t find the author narcissistic at all. I also didn’t feel just like she was attempting to be a “celebrity”

FORMAT Feedback:I see responses saying don’t choose the kindle edition. It didn’t bother me at all. some generalities about hormones and your body and a bit . The audio companion appeared to be for a different edition though because the spoken phrase didn’t always match the written phrase. Usually, it didn’t matter. I only noticed a few period were it may be problematic. Very Detailed I really enjoyed this book. If you are struggling with weight gain, bad skin, sizzling flashes, etc from pregnancy, menopause, a miscarriage, giving up/starting contraceptive, etc. This should help people know if the book may be worth it. Totally recommend this reserve to all or any of my lady friends! Don’t buy on Kindle Although very long winded and repetitive, there pays to information in this book. However, the appendix offers all the dosage info for supplements and is very illegible on the kindle. Get the book. Really great book! Totally recommend this reserve to all of ... Really great book! Chances are your hormones are out of stability. Become familiar with so much about the body! Thank you Dr. I have no problem with her having a contact list and other assets.t have a great deal of time to read about a personal trip although I definitely relate with this professional. She also provides section to choosing health supplements that i can really appreciate. In fact, I have already been doing a few of them already like avoid sugar/caffeine/alcohol, take fish oil (fermented cod liver oil), and am probably getting enough vitamin A & I’ll share it with most of them as they join me! I cherished having a digital version that I could search through.. The info in the publication goes far beyond “stress less, eat healthy, get some vitamins, and find exercise routine”. Fixed my night scorching flashes after an awful experience with estrogen cream This book was recommended to me by a pal of a friend... Very insightful and eyes opener. I recommend this publication to any woman concerned about how hormones work and how exactly to keep them balanced without medication and the natural and holistic way. I’m the to begin my friends to go through meno. She doesn’t jump right directly into herbal stuff (which occasionally makes me uncomfortable). I love this reserve and recommended to all or any my cliends and friends who are dealing with hormone imbalances.. You can find simple and powerful ways to deal with yourself. It has really helped me and I am will continue steadily to follow her great strategy. Sara for this amazing reserve !I’m going to give it a try for 6 weeks and see if I see any improvements. No thanks a lot. Sara provides a lot of scientific info and also lets the readers know they can miss the science part of they need. I use in conjunction with other books and philosophies on hormones too. I loved it passing it around function now Great book to learn. I’m still searching for a good practitioner in the region. some generalities about hormones and your body and a bit dated in the knowledge but well done because of its time I highly recommend this publication to any woman worried about how hormones . I’ve been in menopause for approximately a year . 5 and the scorching flashes forever long were really messing up my rest. I was given an estrogen cream by my gyn and within three days it caused a rash around my hip and legs that lasted weeks. I experienced to stop taking it. Furthermore, I already began to implement some info from the Step 1’s. She walks you through just what chapters to learn and what chapters to skip based on your exact

symptoms. What's better still is certainly that she lays out measures as in what to try 1st, second, and third in that order.. For my particular issue, the first step started with basic combinations of vitamins to try. Who understood. I would be amazed if she didn't. I love this reserve and recommended to all or any my cliends and . It really is a good book but circuitous and wordy and that means you need to be patient. Wishful thinking Too wordy. Too hard to follow Five Stars LOVE this product. It really helped me conceive when found in conjunction with Purely Plant life Fertility tea Large help for my out of whack hormones Between the various struggles of being a female, my hormones went nuts. I could not really get my epidermis or weight back under control no matter what I did and I'm not 30. This has helped me pinpoint the problem- low and high cortisol spikes from stress- and gave me excellent answers to improve it. I could not really pinpoint it before I go through this no doctor around me offers much knowledge about this sort of thing- they just want to prescribe plenty of pills for each and every little issue when simply eating and sleeping better would do the trick. It provides answered many questions I got about hormones. you will need to read this publication. It provides immensely improved my quality of life.



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