

NEW YORK TIMES BESTSELLER

# *THE* **SUPER-CHARGED**

## HORMONE DIET

A **30-DAY** Accelerated Plan  
to Lose Weight,  
Restore Metabolism  
& **Feel Younger Longer**

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# The Supercharged Hormone Diet: A 30-Day Accelerated Plan to Lose Weight, Restore Metabolism & Feel Younger Longer



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The Hormone Diet plan taught readers the intricacies of how and why their hormones play the biggest part within their weight-loss woes. In this busy world, we want to lose excess weight sooner and quicker. Natasha Turner gives visitors the info they need to obtain hormones back on track in 30 days flat. Now, in The Supercharged Hormone Diet, Dr. This highly praised plan addresses readers' most popular concerns in the perfect, easy-to-follow program which includes:- THE VERY BEST Body Assessment for setting your goals- The Hormonal Health Profile to identify fat-packing hormonal imbalances- Recommended blood vessels tests to take to your doctor- Suggested supplements to assist fat reducing and restore optimal health- Hormone Diet-friendly food lists, weekly meal plans, and a helpful grocery guide



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Great Idea---Just make an effort to do it yourself The idea behind this book isn't just intriguing, but probably true.. It seems to me much better to measure biochemically for imbalances than to infer it from the checklists (not very detailed check lists). She provides extensive checklists intended to help the individual identify particular hormonal troubles, and she provides suggestions which are plausible for coping with each one. The greater span of the idea seems very good and most likely effective for most people." The diet works - all of the reading leading up to why it works isn't easy reading though There is a large amount of information here and truth be told, I simply wanted results. You must be healthy to be able to lose weight Great publication that describes just what I've been going right through, as much as working out twice a time and eating fewer calories, but can't lose fat - instead I'm gaining excess weight. Beyond that, the diet suggested is quite restrictive and could not be easy for everyone to implement, at least quickly. Portion of the problem for many people is less time open to store and prepare their food. I am a company believer in using diet plan to regulate which is how I came across this book. Finally, although I should point out that I'm not the right sort of doctor to make medical pronouncements, I must say i believe the chemistry of the urinary tract is more elaborate and trickier than her check lists foresee.. The author suggests that the procedure of healing must start with a liver cleansing/detox, accompanied by entry into quite a restrictive diet, steadily adding back foods into the diet which are well tolerated by the individual patient. That component seems just a little off to me. Great condition and fast service What a wealth of knowledge in this book. It's wise. Not many people will be able to make it happen from the reserve as written. Individually, I think the book could have been written much better, but, then, I didn't create it---so I ought not complain about that. The answer I have been searching for. and is now pleased with her body again.. But, It works! Four Stars Lots of time spent in your kitchen. I am 32 yrs . old and have endometriosis. I lost fat in all the proper places. I was also exhausted, cranky, and many other activities that endometriosis brings on. Understanding all that I understand about having this disease is normally that it causes various hormone imbalances. Therefore, knowing they ought to have a diet that will require more attention isn't necessarily a useful help. My locks stopped falling out and also started obtaining thicker. I lost 6 pounds and only now have 3 to visit make it to my pre-baby pounds, although I must say that's just the added reward. I feel so much better, I can get out of bed each morning without feeling sluggish and I am not really almost as moody. I certainly recommend this book to people who have any of the hormone imbalances that Natasha discusses. Endometriosis is normally something I'll have for the next 20 years and I feel like I've discovered a way to manage it...! Outstanding book my wife can be middle aged and exercised but she could find out why she cannot lose weight past a certain point. She bought both of Natasha's books and browse them thoroughly. More importantly she systematically implemented Natasha's plans. It offered the same information plus some more details. She has lost 15 lbs and is thrilled. The answer to an eternity question!. I go through the publication as I was performing the diet since it reads like electronic programming guidelines and there are some confusing inconsistencies. She computes 4 plus days a week and followed cautiously Natasha's diagnostic guidelines and then diet change. But really great to discover that after years of frustration not understanding why she could not get benefits she's her answers. The results are too conveniently baffled, and the family of tissues which actually contribute to the hormone mix is larger---very much larger---than our high school textbooks may have recommended.. It takes a LOT of planning and period but it works. Personally i think great. Great condition and fast program, what else can you ask for... This book has changed my entire life! The diet plan, however, worked magic. I feel great. I would highly recommend this publication to anyone but particularly if you suffer from the symptoms of PCOS. Save in Menopause I get back to this reserve time after time and Natasha under no circumstances does not be right. Her 1st one was better and this one was just alright. Over a few months her body is definitely transforming. I don't believe you need two of her books on a single subject. But each one would standalone and suffice. She feels great physically and

emotionally to finally have the results she wanted.! It's the only 1 that I could lose a lot more than 5 lbs on. Should .. She feels great physically and emotionally to finally have the outcomes she . The answer to a lifetime question!!. Should be needed reading by the 6th grade,no-one should be permitted to graduate high college without having perfected the wisdom & knowledge in these pages. Would spend less of our healthcare by 3/4. I came across this publication after hours of analysis. Ordinary unguided exercise and diet may not help most people lose fat and regain an effective quality of health simply because their road to wellness is being blocked by hormonal imbalances..I mean A LOT!. I loved this eating plan I loved this eating plan.! I felt much clearer and your skin on my encounter and my eye looked a lot more alive and healthful. It is possible for anyone at all to start out, if they are ready to buy her particular line of cleansing/detox items. The book explains the function of hormones and the importance of hormone stability and being healthful if you want to lose excess weight. She explains how exactly to detoxify the liver therefore excess hormones could be eliminated. "We should be healthy to be able to lose weight. Lasting weight loss = hormonal balance + (calories in-calories from fat burned). As I see it, the whole thing is definitely grossly impractical for most people. I have hypothyroidism and OAT Syndrome. Take note no magic or magic pill. I have already been applying the dietary plan and the approach to healthy lifestyle and am down over 10 pounds in 2 weeks! After my second child was born I have been having a hard time loosing weight-it was arriving off but extremely slowly. My energy levels increased. I started 3 weeks hence and I noticed instant changes. And her outcomes. I wish there have been cookbook options for the dietary plan. Supercharge This is her second book. This book saved me through menopause and helped avoid conventional methods. Five Stars Very well written and the info is right on focus on with what I need to know. Five Stars Very good book and informative! Great Good book and still reading it! If this program were to end up being undertaken in a retreat setting where another person were performing the logistics of food preparation, and if actual hormonal testing were available, then I think this might probably work great---just wonderful results. I would recommend this book to anyone . We become back for more. Five Stars Really helpful book in excellent condition with very fast shipping. Very happy.



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