

The book cover has a teal background with several yellow lemon slices scattered around. The slices are shown in cross-section, revealing the internal segments and seeds. They are positioned in the top left, top right, middle right, bottom left, and bottom right corners, with some partially cut off by the edges.

the balance plan

Six Steps to Optimize Your Hormonal Health

Angelique
Panagos

Angelique Panagos

The Balance Plan: Six Steps to Optimize Your Hormonal Health



[continue reading](#)

"I can't function without espresso""I need my daily fix of chocolate""I look puffy and retain fluid very easily""I'm hungrier than I used to be but never experience satisfied""I struggle to lose weight no matter what I try"Sound familiar?These are issues that nutritionist Angelique Panagos hears each day.- Rest better- Enhance digestion- Lose weight- Reduce stress- Elevate energy levels- Experience happier Take the six actions, follow the 28-day time strategy and transform your life!The Balance Plan explains how exactly to tune in to your hormones and make the changes necessary to provide them into balance. Period and timeagain, they're caused by the same thing - hormonal imbalance.



[continue reading](#)

and the recipes are easy and beautifully photographed I enjoy Angelique Panagos' new publication. Can't state enough good things concerning this. This book can be an inspiring way to aid your health. I recommend it frequently to my individuals and nutrition students. Tried for a 12 months to get pregnant with no luck, stated this diet and was pregnant with 2 months. I've the older version of this book. Great book! I have a lovely 19 month aged boy. It's apparent, well crafted, and the dishes are easy and beautifully photographed.



[continue reading](#)

download free The Balance Plan: Six Steps to Optimize Your Hormonal Health fb2

download free The Balance Plan: Six Steps to Optimize Your Hormonal Health pdf

[download Handmade Spa: Natural Treatments to Revive and Restore fb2](#)

[download Fix Your Posture: Over 70 Effective Exercises to Fix Posture & Stop Back Pain \(Simple Posture Exercises\) pdf](#)

[download Walk this Way: Footwear from the Stuart Weitzman Collection of Historic Shoes djvu](#)