

Healthier,
happier, sexier
and slimmer
at any age



Your Hormone Doctor

Leah Hardy and Susie Rogers
with Dr Daniel Sister

Leah Hardy

Your Hormone Doctor



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discover whether HRT or bio-identical hormones are best for you• This reserve will assist you to:•Your hormones influence everything from your disposition to your focus, how well you sleep, the size of your waistline and how young you look. It's time to end hor-moaning and arm yourself with the reality. This is an educational, fun and comprehensive information to making easy and pleasant changes to the way you eat, exercise and think.IF YOU ARE A FEMALE, LIVE WITH A FEMALE OR KNOW A FEMALE, THIS BOOK WILL BE YOUR NEW BEST FRIEND. melt mid-life extra fat with an easy new diet and exercise plan • become sexier and slimmer and also have more energy as you obtain older• reverse the ageing process normally• de-tension and sleep better• re-ignite your sex lifestyle and boost your memory• Susie Rogers is usually owner and founder of the BeautyWorksWest spa and clinic in London and a trained Pilates teacher.Your Hormone Doctor will revolutionise the way you think about ageing. learn why your chronological age has never mattered less Leah Hardy can be a well-known health insurance and beauty journalist and an expert in anti-ageing. cope with the menopause and hot flushes• Dr Daniel Sister is certainly a world-renowned expert in women's hormones and anti-ageing therapies.



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Five Stars A lot of good information regarding hormone and thyroid disorders. So much fun! The bonus is the series of charts which list symptoms combined with the hormone that is important in that function. Then why do they say "likely to university" rather than the university? Thank you Susie and Leah for making this such a fun and rewarding go through. You should all share this book with everyone you understand. We're good, helpful, easy to read. Reading this book offers convinced me of the benefit of hormone testing and natural hormone replacement. Very practical, very honest. Updated in recommendations. For women in their 40-60. A lot of good advices. I just wish I had got these details in this format years ago! Certainly get it- Boosts your spirits It was an excellent book. Lots of information on hormones, etc. However, I'd read the majority of it before in other menopause books therefore i didn't actually learn anything new. Most concise and easy to understand explanation of the function of Hormones in the body I have read or tried to learn many books on the subject and this is by far the most concise and easy to understand of any of the previous titles. Today let's all simply follow this advise and we will stay younger much longer. Except that the British state "the menopause" instead of menopause like Americans. THE VERY BEST book ever! Easy to read. Five Stars Informative and fun to learn too!



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