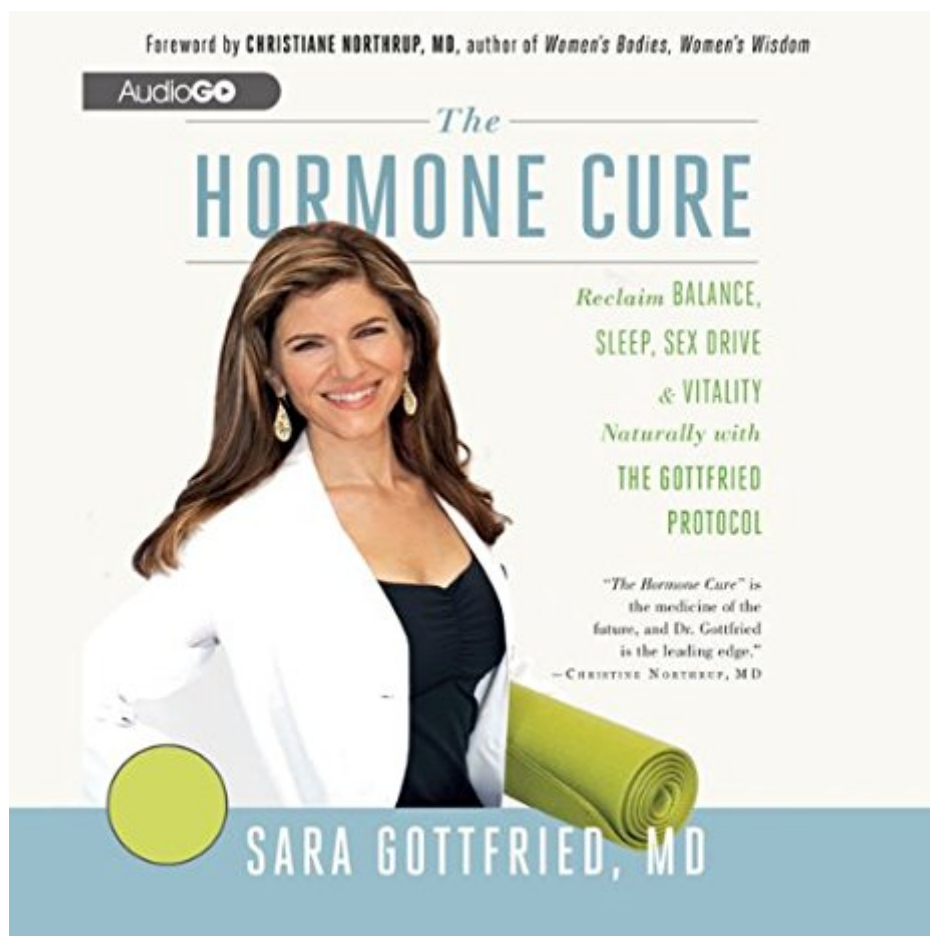


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# The Hormone Cure: Reclaim Balance, Sleep, Sex Drive, And Vitality Naturally With The Gottfried Protocol



## Customer Reviews

Although long winded and repetitive, there is useful information in this book. However, the appendix has all the dosage info for supplements and is totally illegible on the kindle. Get the book.

Ok as we age, things change and yes I know that's normal - but sometimes it's hard to accept. After the birth of my 3rd kid, I could never really lose the "baby weight." I feel like I tried everything and got to the point where I was practically WANTING my thyroid to be abnormal so I could hopefully take a medicine and lose weight. Unfortunately - that's not really how it works. Even more unfortunately, when most of us go to our doctor's to complain about this sort of standstill (or worse - gaining weight), our Drs are sympathetic (After all they hear it all the time) but have no answers beyond the standard, "eat less, exercise more" advice. Enter Dr. Sara Gottfried. In the hormone cure, she lays out the reasons why all these things we thought were just normal aging are really signs that our hormone levels are off-balance. And I don't mean menopause off-balance. I mean normal 30s, 40s not even peri-menopause off-balance. Dr Sara validates the fact that things can be off-balance in our body but that doesn't mean that our doctors will catch it, or actually even think to test it. What this Harvard trained Gynecologist does is explain all the hormones at work in your body (cortisol, thyroid, testosterone, etc) and how you optimally need them to work together to feel your best. Honestly I'd heard of all of them but how no idea how they really worked in my body. She includes easy tests to take (if you don't want to pay lab fees) in her book or what tests to have ordered at labs if you want to be sure. Then she walks you through, step-by-step, what these results ACTUALLY mean. What a real normal is (not the dr's tables looking for REALLY abnormal) and if you are slightly off - how to correct it to feel your best. It's like a user manual for hormones that you didn't even know existed yet are ruling your life! What I especially love is that a lot of Dr Gottfried's solutions are simple (not easy but simple) and involve no drugs - just lifestyle modifications (that are doable). Like heart math, or yoga breathing, or a simple food to eat. She also gives you the natural over the counter supplements you can take to fix an issue that continues (your Dr would/could NEVER do that) and then lastly, how you might use RX drugs if the issue persist. Basically covering all your bases from lifestyle fixes to drug fixes and in between - LOVE IT! Fast forward a few months, I followed JJ Virgin's foodplan that Dr Gottfried recommended, along with some heart math and some lifestyle shifts and I'm down 7 lbs that wouldn't budge just months ago! I had honestly given up hope. I would recommend this book for women who are committed to living a full life and want to know the full range of options to do it. The book is easy to read, funny, and Dr Sara is likable. It's also an amazing education that if you want to get to know your body's inner workings better - you

can't miss. Read this book and someday soon, you too could be singing the "I feel awesome and my jeans are too big on me" non-blues!

Forget the confusing organization and the long winded passages and the "I'm your girlfriend who loves top 40 music" vibe the author is trying to cultivate. What she really wants you to do is pay for more of her (poorly organized and grossly overpriced) programs. Join her detoxes, take online classes, pay for a monthly newsletter (it's all regurgitated info from the book anyways) and pay for access to old webinars and speeches. It's a lofty goal to help women improve their health and hormone balance is a genuine issue but this woman leaves me with a sour taste in my mouth. The website alone will set off alarms in any sane person's head - clearly this is someone who subscribes to the pyramid scheme marketing club. Want to know what the book says? Stress less, eat healthy, get some vitamins and find an exercise regimen that works for you. And don't buy the freaking kindle or audio book. They're riddled with issues.

Not as medically scientific as I expected. There was nothing new or helpful - eliminate sugar, eliminate caffeine, fresh fruits and vegetables, etc.

I was honestly very disappointed in this book and didn't finish it. The questionnaires at the beginning of the book that are designed to help you identify which hormones are out of balance can be quite unhelpful in pinpointing imbalances. For example, if one is suffering from insomnia/disrupted sleep, depression, anxiety, brain-fog/poor memory, it could be due to either low or high estrogen. There are similar examples relating to other hormones, (cortisol, for example). I find it incredulous that a Harvard-trained physician (which she mentions ad nauseum) would promote a diagnostic tool that has such basic flaws. If I can't use the information to pinpoint my problem, the book can't provide me with much guidance and is basically useless to me. It's likely more beneficial to women with symptoms that clearly point to a given hormonal imbalance, but if it's being promoted as a "cure," the strategy promoted should work for at least almost all combinations of symptoms. Or, at the very least, explain how to proceed when the questionnaire results in conflicting results. Gottfried explains how to handle multiple imbalances, but the same symptoms shouldn't point to both high and low levels of the same hormone. Another thing that bothered me about this book is that many of her recommended cures are not financially realistic for the average woman. One would have to be quite wealthy to afford many of the things she recommends. Bottom line: don't waste your money!

I couldn't even finish this book. And I had to unsubscribe from Sara Gottfried's newsletter. She's a doctor trying to be a celebrity and it's just awful. I believe that her want to market herself is much greater than her want to advance women's health. What astounds me is that this book isn't even that helpful -- the suggestions are quite basic -- but she's dubbed them "The Gottfried Protocol." Please. Sara, you haven't brought anything new to light, you've just repackaged some common sense and previously-researched information and marketed them as your "protocol." The book was so wrought with arrogance and self-aggrandizing blabber, it was insulting.

I like Sara Gottfried and enjoy listening to her webcasts and summits; however, she missed the boat for those of us over the age of 50 and for those of us who have had a hysterectomy. If you are younger than 45 and have all of your female parts, you may find this book helpful. Basically, this book was about keeping yourself "juicy" and sexy before menopause. THIS IS NOT A HORMONE CURE BOOK!!! This book was NOT helpful at all for me and a waste of money.

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