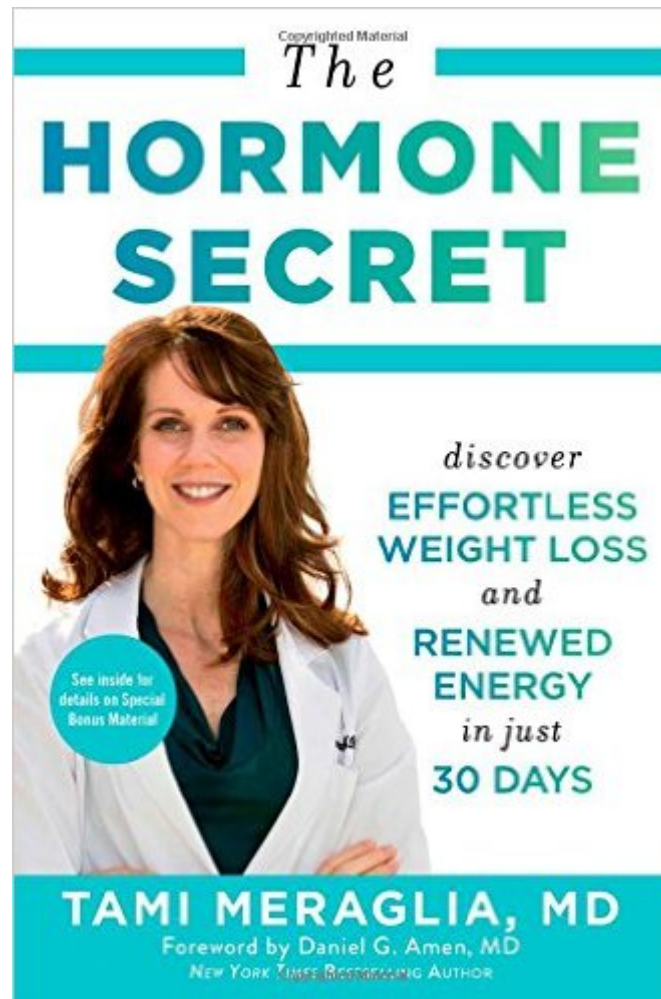


The book was found

# The Hormone Secret: Discover Effortless Weight Loss And Renewed Energy In Just 30 Days



## Synopsis

From an expert in integrative medicine, a thirty-day plan to help women lose weight and look and feel years younger. As they grow older, many women struggle to lose weight. Unlike many men their age, they may also suffer from sleep problems, osteoporosis, and depression. Many women may even feel like they age less slowly and gracefully than their male counterparts. Dr. Tami Meraglia knows that the magic word here is testosterone. While there is ample discussion in the medical community about the effects of estrogen loss, few people are aware of the importance of sufficient testosterone levels in women. A healthy dosage helps women slim down, improves their mood, lowers the risk of cardiac disease, increases energy and libido, prevents osteoporosis, enhances skin tone and texture, and may even prevent cognitive decline. Yet more than 90 percent of women over age forty-five suffer from low testosterone levels. In *The Hormone Secret*, Dr. Tami offers an evidence-based thirty-day plan to restore healthy levels of testosterone and balance the relative levels of other hormones, based on lifestyle modifications such as supplements and nutritional adjustments. She also offers her Mediterranean Diet-based meal plan and low-impact exercise ideas that will immediately boost your energy. With cutting-edge research and strong scientific evidence to support Dr. Tami's thirty-day plan, *The Hormone Secret* gives you all the information you need to balance your hormones and improve your vitality for a strong and healthy life.

## Book Information

Hardcover: 288 pages

Publisher: Atria Books; 1 edition (April 14, 2015)

Language: English

ISBN-10: 1476766509

ISBN-13: 978-1476766508

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (64 customer reviews)

Best Sellers Rank: #29,428 in Books (See Top 100 in Books) #107 in Books > Health, Fitness & Dieting > Women's Health > General #273 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #518 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

I am so glad I came across this book! I lost 11 lbs. after following Dr. Tami's 30 day plan. I am now eating clean about 80% + of the time. I lost my muffin top and now have the confidence to wear shorts & skirts again. She has shown me the way to a healthier way of living. I am still experiencing peri-menopause, but feel so much better and have more energy. I will definitely do a liver detox annually now, and continue to improve on my clean eating!

Great book! Her supplement recommendations have me sleeping again after almost 15 yrs of insomnia. I've tried everything. If you have problems sleeping, I would highly recommend this book to balance hormones & heal your adrenals.

The info is great; but, don't go by the chart results. In one chart, the highest number you could possibly get is 58, yet the explanation categories went all the way to 71 which could not have been achieved. I fell in the average category when I should have been in the worst. It always makes me wonder what other errors there are and why wasn't the material proof-read before being released.

I recently purchased this book. I've spent years trying to balance my hormones and was so close, I needed this book to help me finish getting there. It answered questions I couldn't find answers for, and it helped guide me to the right supplements, some of which I already had on hand. Having struggled with Adrenal Collapse many times in the past 15 yrs, I now know how to stop myself from ever going back there again. It's hard to have a life when you are 63, overweight and sickly. I now feel great and I'm gardening again. I can kneel down and get up without crawling to the stairs or asking for help. I look forward to getting that Harley out of the garage again before the end of summer. I'm telling you, I am so Grateful I found Dr Tami. And I hate doctors!! But this lady did her research and speaks the truth. I've been researching for years also, so I know BS when I hear it. And there isn't an ounce of it in this book. Did I mention I've only finished the 15 day liver cleanse so far and I feel this good? I can't wait to keep going and get the weight off. I'm already losing in places I thought would always be fat. I eat good food and with the green juices I'm never hungry. I've reduced my Armour Thyroid from 180mg a day to 90 mg a day in just 2 weeks, and before I'm done I will not need it anymore. I hope everyone who reads this book gives it a chance. Even if you cannot afford all the supplements, do what you can. Research them and figure out which ones you need the most. Pure Formulas is a great place to get them with free shipping. God Bless you Dr Tami. I wish you were nearby, I'm desperate for a doctor that listens, wants to heal women and doesn't have god syndrome! Now if someone would write one for men!!

An amazing insight into the hormones we need to function in a complete state of health. She includes a list of foods to help balance our neglected hormones. I enjoyed this book and it's a wonderful book to keep on hand for recall on how to plan healthy meals with hormone restoration and balance.

A must have if you are having anxiety problems or perimenopause or hormonal problems. Solid advice and very simple to follow. LOve it!

Good book. I did the liver cleanse and diet. I'm not as tired mid afternoon. At 60+ I feel so much better.

I thought my muscle loss was 'what happens' with aging despite running further and exercising more. Now I'm hopeful I can get my quads back! Thanks for all the education on the important effects of hormones and the very readable research data. This book provides healthy, natural, nutritional guidance to age well.

[Download to continue reading...](#)

The Hormone Secret: Discover Effortless Weight Loss and Renewed Energy in Just 30 Days  
Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) The Primal Blueprint: Reprogram Your Genes for Effortless Weight Loss, Vibrant Health, and Boundless Energy Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Alkaline

Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause Thinner in 30: Small Changes That Add up to Big Weight Loss in Just 30 Days The Beauty Detox Solution: Eat Your Way to Radiant Skin, Renewed Energy, and the Body You've Always Wanted The Sexy Years: Discover the Hormone Connection: The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men Natural Rapid Weight Loss, Lose Weight Faster with Hypnosis, Meditation, and Affirmations: The Sleep Learning System The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss\*\*Guided Meditation and Hypnosis CD Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever

[Dmca](#)