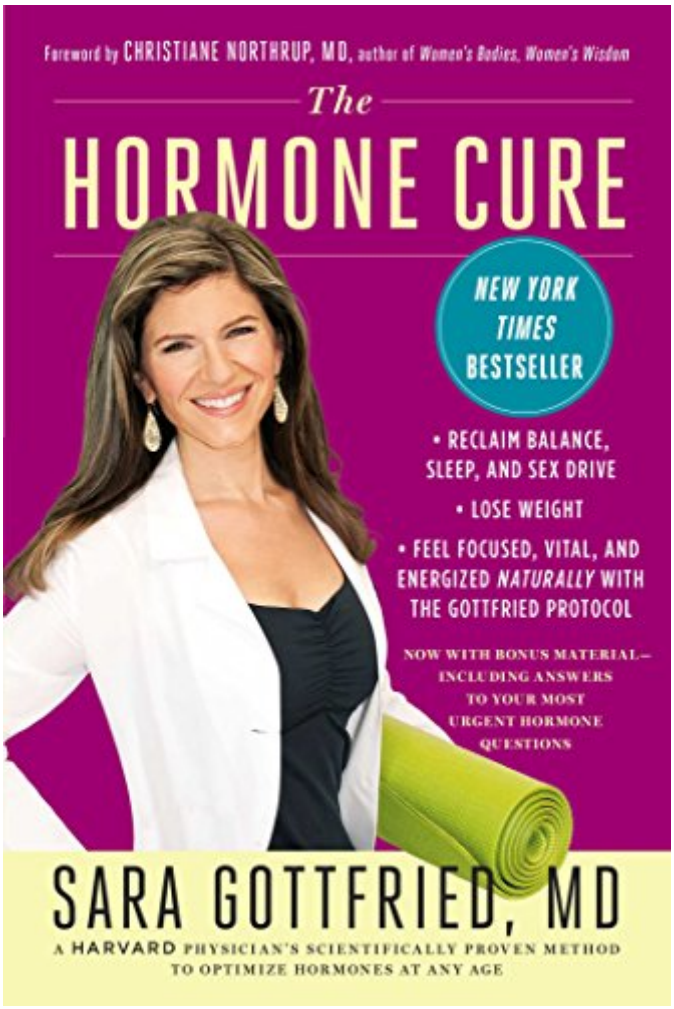
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The Hormone Cure: Reclaim Balance, Sleep, Sex Drive And Vitality Naturally With The Gottfried Protocol



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Synopsis

ALL TOO OFTEN WOMEN ARE TOLD that feeling moody, asexual, tapped out, dried up, stressed out, and sleep deprived is just a part of being female. Or theyÃ¢â ¬â„¢re led to believe that the answer can be found only at the bottom of a bottle of prescription pills. Dr. Sara Gottfried, a Harvard-educated physician and nationally recognized, board-certified gynecologist, refuses to accept that being a woman means feeling overwhelmed or that popping pills is the new normal. In The Hormone Cure, she shares the unique hormone-balancing program that she has used to help thousands of women reclaim wellness, verve, and optimal health. Combining natural therapies with rigorous scientific testing and using an informative questionnaire to identify the common causes of hormonal imbalance, Dr. Gottfried provides an individualized plan in nonjudgmental and thoughtful language. Based on ten yearsÃ¢â ¬â„¢ study of cutting-edge medical research as a specialist in functional and integrative therapies, Dr. GottfriedÃ¢â ¬â„¢s three-tiered treatment strategy includes: Ã¢â ¬Â¢Supplements and targeted lifestyle changes that address underlying deficiencies Ã¢â ¬Â¢Herbal therapies that restore balance and optimize your bodyÃ¢â ¬â„¢s natural function Ã¢â ¬Â¢ Bioidentical hormonesÃ¢â ¬â • most available without a prescription The Hormone Cure is a groundbreaking book that demonstrates how balancing your hormones can cure underlying health issues and result in restored sleep, greater energy, improved mood, easy weight loss, increased productivity, and many more benefits. Dr. Sara GottfriedÃ¢â ¬â„¢s The Hormone Cure will transform your life.

Book Information

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Customer Reviews

I really enjoyed this book. It has answered many questions I had about hormones. I would recommend it to any woman who is having mood, swings, sleep disturbances or depression. Chances are your hormones are out of balance.

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.

Really great book! Totally recommend this book to all of my lady friends! You will learn so much about your body! It has really helped me and I am will continue to follow her great plan.

Personally, I love this book!I love it so much I started a facebook support group to help me move through the protocol and have 80+ ladies in it within 24 hours!I feel like I got more info out of this book for about $15 than I got out 3 naturopaths for about $400!I had seen a Facebook (FB) post by the Food Babe regarding it as I had been doing some research into estrogen dominance and progesterone cream. I was hesitant to buy the book, based off of some of the reviews here on (see below for money on negative reviews), so I posted in several FB groups related to hormones and overwhelmingly women recommended the book.It covers 7 hormones issues: 1) High Cortisol, 2) Low Cortisol, 3) Low Progesterone and Progesterone Resistance, 4) Excess Estrogen, 5) Low Estrogen, 6) Excess Androgens, and, 7) Low Thyroid. She also dedicates a chapter to common combinations.She also gives a section to choosing supplements which I can really appreciate.I ended up getting the Kindle version with audio companion and plan on getting the physical book as well (see below for more on format).Things have been off for me for a while and IÃƒÂ¢Ã â ¬Ã â„¢m only in my mid 30ÃƒÂ¢Ã â ¬Ã â„¢s.This may be TMI but I have excess facial hair after having a hormonal IUD (Mirena) removed in December, IÃƒÂ¢Ã â ¬Ã â„¢m moody/irritable/angry/negative a lot, my stomach is bloated, I cannot lose weight despite eating all natural foods, IÃƒÂ¢Ã â ¬Ã â„¢m having trouble sleeping and feeling fatigued even if I do sleep,

IÃƒÂ¢Ã â ¬Ã â„¢m stressed out and cannot handle it well, my sex life is non-existent and thatÃƒÂ¢Ã â ¬Ã â„¢s killing me, was having sugar craving after each meal, low blood pressure, excessive body odor, strange bouts of nausea & vomiting, etc.One naturopath said I have adrenal problems and should take a supplement that I could only get at her office and she said I was estrogen dominate. Another naturopath wanted to take progesterone cream which I was very hesitant to do and IÃƒÂ¢Ã â ¬Ã â„¢m glad I waiting and did more research and IÃƒÂ¢Ã â ¬Ã â„¢m glad I found this book.According to the questionnaire in the book, all my hormones are out of whack and itÃƒÂ¢Ã â ¬Ã â„¢s possible my adrenals and thyroid are the worst or at least contributing to the other imbalances. IÃƒÂ¢Ã â ¬Ã â„¢m looking forward to trying the ÃƒÂ¢Ã â ¬Ã Å“Targeted Lifestyle changes and naturaceuticalsÃƒÂ¢Ã â ¬Ã Â• as the first step from the Gottfried Protocol.You can take the questionnaire for free from the bookÃƒÂ¢Ã â ¬Ã â„¢s website. I think you just have to enter your email address. This should help people know if the book might be worth it. For someone like me with more than 5 symptoms in each category, I think itÃƒÂ¢Ã â ¬Ã â„¢s worth it.I really like that the first step is things you can do (yoga, massage, meditation, acupuncture, exercise, etc) and things you can eat (prunes, pomegranate, and grapefruit juice) and supplements (Vitamin C, Licorice, Vitamin B5, Fish oil, etc). All of these things I can easily do without too much trouble.In fact, I have been doing some of them already like avoid sugar/caffeine/alcohol, take fish oil (fermented cod liver oil), and am probably getting enough vitamin A & D from that.In addition, I already started to implement some info from the Step 1ÃƒÂ¢Ã â ¬Ã â„¢s. I have increased my vitamin c intake by 2/3rds, IÃƒÂ¢Ã â ¬Ã â„¢m eating 100 grams of prunes a day, and IÃƒÂ¢Ã â ¬Ã â„¢m taking licorice supplements. I hope to include more of the items over the next few weeks.IÃƒÂ¢Ã â ¬Ã â„¢m going to give it a try for 6 weeks and see if I see any improvements.I love the advice she gives regarding Step 2 ÃƒÂ¢Ã â ¬Ã Å“herbs/botanicalsÃƒÂ¢Ã â ¬Ã Â•. This was so helpful to me. ÃƒÂ¢Ã â ¬Ã Å“How to approach herbal remedies: Consult first (start with lifestyle changes first then talk to doctor), One herb at a time (for 6-12 weeks at a time), record any adverse effects, and for adults only.IÃƒÂ¢Ã â ¬Ã â„¢m still looking for a good practitioner in the area. IÃƒÂ¢Ã â ¬Ã â„¢m new to this area and having a hard time finding the right fit. IÃƒÂ¢Ã â ¬Ã â„¢m going to use the website to research more practitioners in the area.I love that Dr. Sara provides a lot of scientific info and also lets the readers know they can skip the science part of they want. I listened to the whole thing instead of skipping though. I like to know the science stuff. She explains this in the ÃƒÂ¢Ã â ¬Ã Å“How to use this bookÃƒÂ¢Ã â ¬Ã Â• as streamlined or comprehensive approach. I chose the latter.Some of the reviews seem so odd to me. Some people say

thereÃƒÂ¢Ã â ¬Ã â„¢s nothing new here. However, I found a lot of great new info in this book. I didnÃƒÂ¢Ã â ¬Ã â„¢t find the language too ÃƒÂ¢Ã â ¬Ã Å“doctorÃƒÂ¢Ã â ¬Ã Â• or over my head at all. I didnÃƒÂ¢Ã â ¬Ã â„¢t find it long-winded or repetitive at all. I didnÃƒÂ¢Ã â ¬Ã â„¢t find the bookÃƒÂ¢Ã â ¬Ã â„¢s organization confusing and I didnÃƒÂ¢Ã â ¬Ã â„¢t have any problems with the friendly tone of the author. I have no problem with her having an email list and other resources. I would be surprised if she didnÃƒÂ¢Ã â ¬Ã â„¢t. The info in the book goes far beyond ÃƒÂ¢Ã â ¬Ã Å“stress less, eat healthy, get some vitamins, and find exercise routineÃƒÂ¢Ã â ¬Ã Â•. She actually talks about scientific studies that explain different exercises (30 minutes 4 days a week and not over doing it). I didnÃƒÂ¢Ã â ¬Ã â„¢t find the author narcissistic at all. I also didnÃƒÂ¢Ã â ¬Ã â„¢t feel like she was trying to be a ÃƒÂ¢Ã â ¬Ã Å“celebrityÃƒÂ¢Ã â ¬Ã Â•FORMAT COMMENTS:I see comments saying donÃƒÂ¢Ã â ¬Ã â„¢t buy the kindle version. It didnÃƒÂ¢Ã â ¬Ã â„¢t bother me at all. I loved having a digital version that I could search through. The audio companion seemed to be for a different version though because the spoken word didnÃƒÂ¢Ã â ¬Ã â„¢t always match the written word. Most of the time, it didnÃƒÂ¢Ã â ¬Ã â„¢t matter. I only noticed a few time were it might be problematic.

really fast read, filled with good info. I am looking forward to reading her other books. I have already found a way to implement some of her suggestions. I recommend this book!!

Very informative!!

Good balance of medical-technical detail vs. understandable stories and explanation. I am 66 years old and found this book explained a lot about the past 30 years of my life. I wish I'd been able to read it several decades ago -- and been able to deal better with depression, weight gain and the hormonal issues that, in retrospect, clearly played a part. Every woman who cares about her own health (and weight) should read this book.

I enjoyed how she covered a range of treatment options, from life style (yoga, exercise, food choices) to herbs to vitamins to pharmaceuticals. If there is one thing we need to keep on top of, it's stress and the effect it has on our cortisol. I had no idea how intertwined our adrenal, thyroid, and hormones were until I read this book. I am reading it a second time.

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