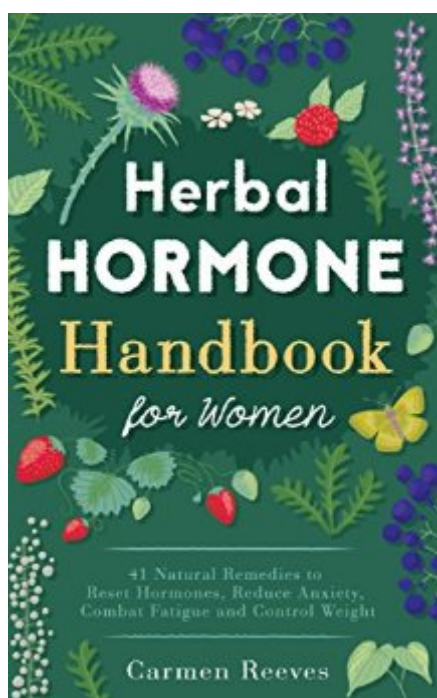


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# Herbal Hormone Handbook For Women: 41 Natural Remedies To Reset Hormones, Reduce Anxiety, Combat Fatigue And Control Weight (Herbs For Hormonal Balance, Weight Loss, Stress, Natural Healing)



## Synopsis

#1 Bestseller - Herbal Hormone Handbook for Women  
Addressing hormonal symptoms for all important stages throughout life  
41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight  
Learn how to help your body regain hormonal balance with simple herbal products, nutritive supplements and lifestyle improvements and feel the many benefits of a balanced body. You might be wondering why you are unable to lose weight, why you feel persistent low energy, or why you feel anxious or stressed. It may not always be obvious that our hormones are out of balance and causing these symptoms. You may be relieved to learn that there are ways to detect hormonal imbalances and address them with gentle effective strategies. This book discusses the female endocrine system, the hormones that help carry out complex physiological bodily functions and how we can take steps to assist our body in achieving balance and health. Hormonal health in women is often left unrecognized and ignored until adverse symptoms appear. By learning about our endocrine system and all that hormones do, we can begin to nourish and tend our bodies thus getting to the root of imbalance before it negatively affects our health. This book contains a comprehensive list of hormonal imbalance symptoms and ways to help relieve those symptoms by positively affecting our health with herbs, diet, supplements, exercise and other lifestyle enhancements. In this book you will find:

- What hormones are and why they are vital
- A detailed list of common causes of hormonal imbalance
- How phytonutrients improve hormonal functioning
- Lifestyle tips that complement a healthy diet
- Hormone balancing herbs like Vitex, Raspberry Leaf, Motherwort and Wild Yam
- How nutritional deficiencies, like Vitamin D and Iodine can cause hormonal imbalance
- Natural sources of Essential Fatty Acids, like Evening Primrose Oil
- Why adrenals get exhausted and what you can do about it
- How exercise improves hormonal health
- Different glands of the endocrine system, their function and symptoms that signal imbalance
- How moods swings and irritability can be improved naturally
- Diet or weight challenges and how hormones may be related
- Why periods can be irregular and how to help this
- Natural ways to ease stress and anxiety by improving hormonal function
- How hormonal headaches can be relieved
- Hormonal health during pregnancy, childbirth and postpartum
- Ways to ease through perimenopause and menopause
- How to address female reproductive disorders like Cervical Dysplasia, Fibroids, Endometriosis, PCOS and Breast Cysts
- Other common hormonal symptoms including acne, body odor and fatigue

How this book will benefit you:

- Learn how to care for your body to bring ultimate, hormonal health
- Learn how to avoid harmful chemical hormone disruptors
- See how taking herbs can help balance your hormones while supplying many nutrients
- Begin to see your own results as you bring nutritional balance to

your hormonal systemâ € Learn dozens of lifestyle tips to help bring your hormones back into balanceâ € Find out how a diet rich in whole foods can support your endocrine systemâ € Start taking your hormonal health into your own handsInterested in learning more about keeping your hormones balanced?Download this book today to achieve hormonal harmony

## **Book Information**

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## **Customer Reviews**

Carmen Reeveâ €™s Herbal Hormone Handbook for Women is an amazing read full of healthy, natural solutions to common problems. Weight gain? Sleepiness? Headaches? This handbook methodically addresses each issue and offers easy, self-help solutions â € the kind that do not require medications, surgeries, or other expensive procedures. The author highlighted some of the obvious deterrents to good health, too. She cautions against excessive intake of refined sugars and polyunsaturated fats and advises sticking to whole foods. Most people have heard this information for years, but Carmen takes the time to break it down. She explains the harmful effects of these substances, the organs they affect, and the symptoms they cause. Then she gives herbal alternatives. Yummy simple items like green tea and flax seed. The whole time I was reading this

herbal handbook, I was making mental notes of my own symptoms and can't wait to try out some of the recommendations. If you're looking for that positive kick-in-the-seat to jumpstart your journey towards a healthier lifestyle, the Herbal Hormone Handbook for Women is for you!

amazing read full of healthy, natural solutions to common problems. this has been written for women. I have learned so much from this very informative book. It has description in an easy to read format which may help one figure out the hormonal problems

Hi, Short book, but simple/easy help that may greatly help a person feel better. I would add more choices of things that may help and explain about Celiac which may affect glands/ hormones causing PMS/infertility/Post partum depression/low thyroid/burned out adrenals/hot flashes/acne/addictions/food cravings/headache/tired/no sleep/anxiety/panic/depression/obsessing/suicidal thoughts/Diabetes and much more. No gluten/dairy/soy/sugar/GMO...taking vitamins/good oils/minerals...probiotic...LDN..detoxing helps me. Rhodiola/coenzyme Q10 is very good. Coenzymated B vitamins/Vit D3/Vit C/zinc/fish oil/evening primrose oil/Vit A/Vit B12 methylcobalamin intrinsic factor kind/shot/strong dairy free probiotic when stomach acid is low/HCl and enzymes with meals/Mg/Nature's Plus- Source of life multiple and more help me. I am low in fat since meat/coconut oil/olive oil/heated oils/flax and more hurt me. Glands need healthy fats. Gluten maybe the reason glands are not healthy. Sunlight/exercise/good water/detoxing help. LDN helps block hidden gluten. I take vitamins/good oils/minerals also.The book has very good information. I am glad I read it. It has wisdom from her experience in it. Best wishes to her.

Written by a woman for woman, fantastic!. Lots of great information and all natural remedies to promote hormonal balance naturally. Well written, well formatted and easy to follow. A must have book for all woman.

Great handbook that really fits me. As I have an irregular cycle and looking for a way to reset it to go back to normal. A very great reference for women, very well illustrated and easy to understand. Thanks for this!

What a beautiful book! Really good, no-nonsense information about balancing hormones and getting healthier with herbs, life style tips and dietary recommendations. Easy to read and very

helpful and informative.

Women's hormones tend to act up as our age progresses nearer to menopause. The author has prepared several types of supplements to treat the different types of health conditions - indigestion, menopause, hormonal imbalance, etc. Whether you're healthy or prone to such ailments, it's still good knowledge to pick up in case you suffer from these symptoms at a later stage of your life.

It is always very common for almost every other woman to encounter hormonal issues, this book helps coping with those issues. It has all the detail and description in an understandable way which may help one analyzing the hormonal problems faced and tackling them as well in a perfect way.

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