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and steroids, which make you fat and raise insulin (the main fat-storage hormone). Conventional red meat consumption has also been shown to raise your risk of Type. 2 Diabetes, according to the results of a new Harvard study that investigated the. eating habits of nearly 150,000 U.S. adults over four years.

YOUR HORMONE TOOLKIT - thehormonecurebook.com

Questionnaire for Hormone Balance Page 1 of 8 From The Hormone Cure by Sara Gottfried, MD For a free follow-up session to talk about your results, contact me at

Questionnaire for Hormone Balance From The Hormone Cure by

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.

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cure, or prevent any disease. The information provided by these sites and/or by this report is not a substitute for a face-to-face consultation with your physician, and should not be construed as medical advice of any sort. It is a list of resources for further self-research and work with your physician.

Transcript of "The Hormone Cure with Dr. Sara Gottfried"

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Consider the Hormone Cure Instructor's Manual to be a multi-media book that supports your training in Teach the Hormone Cure. We've divided the content of the Instructor's Manual into the following framework for the chapters that I feel would

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