



The Hormone Cure: Reclaim Balance, Sleep, Sex Drive, and Vitality Naturally with the Gottfried Protocol

Sara Gottfried

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A Harvard physician's scientifically proven method to improve your physical and mental health by optimizing your hormones in your 30s, 40s, and beyond....

Dr. Sara Gottfried refuses to accept the traditional medical thinking that feeling cranky, asexual, tapped out, and sleep-deprived is just part of being female and aging, and that prescription medication will fix all problems. Offering solutions in nonjudgmental and thoughtful language, Dr. Gottfried provides a novel plan based on solid scientific research. She believes you don't find a cure at the bottom of a pill bottle. A specialist in functional and integrative therapies, Dr. Gottfried bases her three-step treatment strategy on 10 years' study of cutting-edge techniques and ancient treatments validated by current medical research. The plan includes supplements and targeted lifestyle changes that address underlying deficiencies, herbal therapies, and bio-identical hormones - most available without a prescription.

Easy to understand and highly illuminating, *The Hormone Cure* demonstrates how balancing your hormones can actually cure underlying health issues, alleviate symptoms, and give women a life of increased energy, sensuality, and resilience.

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