

Download The Hormone Fix Free eBook PDF/ePub/Mobi - Anna Cabeca, DO, OGBYN, FACOG

Includes a 10-DAY quick-start detox DIET!



Download or Read Online The Hormone Fix Anna Cabeca, DO, OGBYN, FACOG Free eBook PDF/ePub/Mobi/Mp3/Txt, USA TODAY BESTSELLER • For women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, better sleep, diminished hot flashes, a clearer head, and a rejuvenated sex drive.

“Hormone balance is within reach, and this is the definitive guide for reaching that goal.”—David Perlmutter, MD, author of *Grain Brain*

As women approach menopause, many start to experience the physical and emotional indignities of hormonal fluctuation: metabolic stall and weight gain, hot flashes and night sweats, insomnia, memory loss or brain fog, irritability, low libido, and painful sex. Too often, doctors tell us that these discomforts are to be expected and that we will have to wait them out during “the change”; some of us even agree to be unnecessarily medicated. But Dr. Anna Cabeca’s research and

experience with thousands of her patients show that there is a fast-acting and nonpharmaceutical way to dramatically and permanently alleviate these symptoms.

The Hormone Fix introduces Dr. Cabeca’s unique Keto-Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body’s cellular pH to a healthy alkaline level. The proven result: balanced cortisol and reduced output of insulin, the hormones most responsible for belly fat and weight gain, plus an increase in oxytocin, the “love and happiness” hormone. Whether you are perimenopausal, menopausal, or postmenopausal, *The Hormone Fix* offers an easy-to-follow program, including

- a 10-day quick-start detox diet to jump-start weight loss and reduce symptoms immediately
- daily meal plans and weekly shopping lists to take the guesswork out of a month’s worth of Keto-Green eating
- 65 delicious and easy-to-make recipes for breakfast, lunch, dinner, smoothies, and soups
- detailed information on vitamin and mineral supplementation that optimizes hormone balance
- simple self-assessments and recommended optional lab testing for a better understanding of your hormonal status
- tested and trusted stress-reduction and oxytocin-amplifying advice and techniques

With *The Hormone Fix* you can expect to trim down, tap into new and unexpected energy levels, enhance intimacy, and completely revitalize your life! Ready for your fix?

Download or Read Online *The Hormone Fix* Anna Cabeca, DO, OGBYN, FACOG Free eBook PDF/ePub/Mobi/Mp3/Txt, USA TODAY BESTSELLER • For women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, ***"The Hormone Fix is a treasure trove of accurate and user-friendly information that all women who are suffering during menopause need to know and apply."***—Christiane Northrup, MD, author of *The Wisdom of Menopause*

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