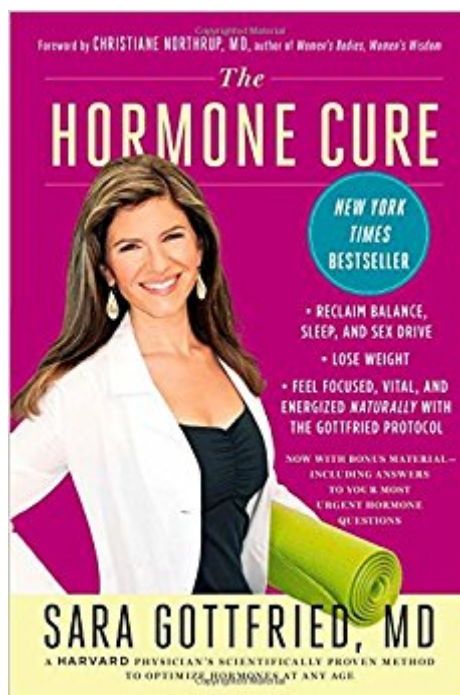


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# The Hormone Cure: Reclaim Balance, Sleep And Sex Drive; Lose Weight; Feel Focused, Vital, And Energized Naturally With The Gottfried Protocol



## Synopsis

The New York Times bestselling guide to hormone balance that helps women of all ages achieve increased energy, resilience, vitality, and sensuality through science-based natural therapies. 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 they'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 years' study of cutting-edge medical research as a specialist in functional and integrative therapies, Dr. Gottfried's three-tiered treatment strategy includes:

- Supplements and targeted lifestyle changes that address underlying deficiencies
- Herbal therapies that restore balance and optimize your body's natural function
- Bioidentical hormones • 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 Gottfried's *The Hormone Cure* will transform your life.

## Book Information

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## Customer Reviews

Gottfried, a beautiful Harvard Medical School graduate, board-certified gynecologist, and yoga teacher, looks like an advertisement for healthy living and convincingly pushes women to make lifestyle changes rather than immediately asking for conventional prescription drugs to treat problems such as depression. To make her points, she cites studies. Otherwise, she is careful to insert "in my opinion." For example, she does not like the form of progesterone sold as Provera, because she believes it causes "terrible mood problems" and "removes sex drive in both men and women." Occasionally, she words her sentences too casually: "Estrogen is actually a group of sex hormones responsible for keeping women juicy, joyous, and jonesin' for sex." Goodness. And some of her advice may seem too hard to live by. Still, most of her tips are solid and helpful: break a larger goal into smaller ones, eat like your great-grandparents, cut out white foods, and move more. A glossary of terms and several appendixes should help anyone who wants to understand hormones and the female body. A valuable title for any middle-aged woman. --Karen Springen --This text refers to an out of print or unavailable edition of this title.

"The Hormone Cure is a breakthrough hormone guide •entertaining, persuasive, hilarious. I've not seen this content anywhere! Get to the root of your issues: low energy, fatigue, low sex drive, anxiety, weight gain. This book is gold." (Marci Shimoff, author of *Love for No Reason*) "The Hormone Cure is the playbook for your mojo, your mind, and your bootie. With every chapter I thought, "So THAT's how that works." I wanted to call every girlfriend and give them the goods on how to glow...now and always" (Danielle LaPorte, author of *The Fire Starter Sessions*) "Never before have I read a book and shouted, "Oh my God, that's ME!" Managing hormones is the most important issue of women my age. I don't just want to read Sara Gottfried, I want her to be my doctor, my friend, and my sister. (Ayelet Waldman, author of *Red Hook Road* and *Bad Mother*) "This wonderful book transforms how we approach women's health issues, and will help you understand how to achieve hormonal equilibrium if you suffer from fatigue, depression and other endocrine-based neuropsychiatric symptoms." (Jay Lombard, DO, author of *Balance your Brain, Balance your Life*) "Dr. Sara is smart, she's hip, and yet she's pure Harvard! Learn how to make your hormones hum. Run, don't walk, to buy this book •for yourself and

your friends. The life you save may be your own.~ (Hyla Cass, MD, author of 8 Weeks to Vibrant Health)~ "A magnificent book! Every woman needs to read it, and every doctor.~ (Louann Brizendine, MD, Author, The Female Brain and The Male Brain)~ "Don't accept the hormonal hell of being tired, stressed, fat, never in the mood for sex. Dr. Gottfried gives you an effective, easy-to-follow plan to balance your hormones and become lean and energetic. Stop settling, reclaim your sexy!~ (JJ Virgin, author of Six Weeks to Sleeveless and Sexy)~ "Occasionally a book comes along that's perfect for its time-on topic, written with authority. Such is the book by Sara Gottfried, MD. It is a definitive integration of safe and effective approaches to the management of menopause.~ (Jeffrey Bland, PhD, author of The 20 Day Rejuvenation Diet Program)"Gottfried takes a comprehensive look at the most common physical and emotional ailments affecting women and explains why a hormone imbalance may be at their root. Her premise is simple: when a woman's hormones are in sync, she's a powerhouse, but when they're out of whack, they wreak havoc on her body and mind. The book is both fun and an informative read [and] Gottfried's take on the female body is eye-opening and empowering." (Spirituality and Health)"Gottfried, a beautiful Harvard Medical School graduate, board-certified gynecologist, and yoga teacher, looks like an advertisement for healthy living and convincingly pushes women to make lifestyle changes rather than immediately asking for conventional prescription drugs to treat problems such as depression. Most of her tips are solid and helpful...A valuable title." (Booklist)

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!! 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!! feel like I got more info out of this book for about \$15 than I got out 3 naturopaths for about \$400!! 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 Iâve been only in my mid 30s. This may be TMI but I have excess facial hair after having a hormonal IUD (Mirena) removed in December, Iâm moody/irritable/angry/negative a lot, my stomach is bloated, I cannot lose weight despite eating all natural foods, Iâm having trouble sleeping and feeling fatigued even if I do sleep, Iâm stressed out and cannot handle it well, my sex life is non-existent and thatâ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 Iâm glad I waiting and did more research and Iâm glad I found this book. According to the questionnaire in the book, all my hormones are out of whack and itâs possible my adrenals and thyroid are the worst or at least contributing to the other imbalances. Iâm looking forward to trying the "Targeted Lifestyle changes and naturaceuticals" as the first step from the Gottfried Protocol. You can take the questionnaire for free from the bookâ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 itâ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 1âs. I have increased my vitamin c intake by 2/3rds, Iâm eating

100 grams of prunes a day, and I'm taking licorice supplements. I hope to include more of the items over the next few weeks. I'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

“herbs/botanicals” This was so helpful to me. “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.” I'm still looking for a good practitioner in the area. I'm new to this area and having a hard time finding the right fit. I'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

“How to use this book” as streamlined or comprehensive approach.

I chose the latter. Some of the reviews seem so odd to me. Some people say there's nothing new here. However, I found a lot of great new info in this book. I didn't find the language too “doctor” or over my head at all. I didn't find it long-winded or repetitive at all. I didn't find the book's organization confusing and I didn'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 didn't. The info in the book goes far beyond “stress less, eat healthy, get some vitamins, and find exercise routine”. She actually talks about scientific studies that explain different exercises (30 minutes 4 days a week and not over doing it). I didn't find the author narcissistic at all. I also didn't feel like she was trying to be a

“celebrity”  
FORMAT COMMENTS: I see comments saying don't buy the kindle version. It didn'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 didn't always match the written word. Most of the time, it didn'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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Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great!  
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Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure,  
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Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without  
Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic  
Fatigue Syndrome Book 1) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex  
Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer,  
Sex positions, Sex Tips, Sex Guide) Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic  
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