



# Hormone Balance: A Woman's Guide To Restoring Health And Vitality

*Carolyn Dean*

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## **Hormone Balance: A Woman's Guide To Restoring Health And Vitality** Carolyn Dean

Hormone Balance provides easy-to-read information that helps women overcome the hormonal rollercoaster that often leads to mood swings, PMS, weight gain, and more. This comprehensive work provides traditional and alternative solutions for women to balance hormones and achieve greater overall health for issues such as: Perimenopause - causes and patterns, including the estrogen dominance theory, the importance of the thyroid and adrenals, and the effects of the environment; Menopause - the pros and cons of HRT and natural, bioidentical HRT hormones; Bone density loss - why boomers are losing bone and how to protect against it, exposing the "calcium as the only solution to osteoporosis" myth; Monthly challenges - bloating, cramping, extreme mood shifts, and more; Hormonal diet - smart tips for weight balance and foods and supplements to support the liver, intestines, and adrenals

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