



# **Happy Hormones: The Natural Way to Improve Hormonal Health Including Osteoporosis, Stress, Anxiety, Thyroid Imbalances, and Menopause**

*Kristy Vermeulen*

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# Happy Hormones: The Natural Way to Improve Hormonal Health Including Osteoporosis, Stress, Anxiety, Thyroid Imbalances, and Menopause

*Kristy Vermeulen*

## **Happy Hormones: The Natural Way to Improve Hormonal Health Including Osteoporosis, Stress, Anxiety, Thyroid Imbalances, and Menopause** Kristy Vermeulen **REGAIN THE HEALTHY LIFE YOU DESERVE**

Millions of women struggle every day with problems like low energy, unexplained weight gain, and dull moods, yet too often diet, exercise, and pharmaceutical drugs are thought to be the only available options. Hormones—the chemical messengers of the body—influence every single process in our bodies: they govern our growth, weight, and energy, as well as fight stress and anxiety, relieve depression, and maintain personal drive.

Based on Dr. Kristy Vermeulen's popular six-week online course, *Happy Hormones* explains how hormones affect your day-to-day routine and provides expert guidance to help you identify your hormonal imbalances and treat them in a natural, healthy way.

*Happy Hormones* also includes:

- Simple and effective self-assessments to help you diagnose your hormonal imbalances
- Six-step hormonal balancing programs for adrenal, thyroid, progesterone, estrogen, and testosterone imbalances
- Tools to help you read your own hormonal messages so you can stay in tune with your body and improve your overall well-being
- FAQs of bioidentical and synthetic hormones, along with guidelines to help you safely and effectively apply them in your treatment program
- Nutrition program with over 45 delicious, healthy, and hormone-friendly recipes
- Expert guidance to feeling and looking young, healthy, and fabulous

*Happy Hormones* is a comprehensive, practical guide for any woman interested in balancing their hormones. It will help you get back to your energetic, vibrant, and healthy self. Representing an important application of a fast-growing branch of health science, *Happy Hormones* will allow you to shed unwanted weight and regain your energy for a healthy, fabulous life.

## **Happy Hormones: The Natural Way to Improve Hormonal Health Including Osteoporosis, Stress, Anxiety, Thyroid Imbalances, and Menopause Details**

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## **From Reader Review Happy Hormones: The Natural Way to Improve Hormonal Health Including Osteoporosis, Stress, Anxiety, Thyroid Imbalances, and Menopause for online ebook**

### **Pam says**

This book started out informational, but after getting into it, the book leads you to what should be considered a self-diagnosis of hormonal imbalances, and treatment options. Self- diagnosing and self-treatment of some of the diagnoses listed in the book can be harmful if other health issues are not considered. This book sounds like a self-help, but strays far from it considering you're diagnosing yourself. If you feel any of the symptoms of any of the listed imbalances, you should go to your primary care doctor to get it diagnosed, and to get an appropriate treatment plan. Many doctors will give you the option of medicating, or giving you natural options. I honestly feel that this book, even though the intentions of the author seem to be wanting to help people, may hurt people, in the wrong hands, or uneducated enough, to do more harm to themselves than good. This book should be more of a resource than a guide.

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### **Nikki says**

I won this book as a Goodreads Giveaway.

There is a a lot of good information in this book, for those of us interested in trying to navigate our way through hormonal changes. I can see myself referring back to it in search of information to assist with all the different issues that menopause puts us through. I would suggest using other sources of information along with this book, as there is so much to learn about this process.

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### **Veronica says**

I really enjoyed this book! It clearly explained all about our hormones and then gave some solutions to help balance them out. Would definitely recommend!

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### **Sarah says**

Great book! Lots of information on food/vitamins/herbs that can naturally heal your body and get your hormones back on track. The author also talks about supplements your Dr can prescribe, how to choose a Dr, the importance of blood tests, etc. I did not think she was encouraging the reader to self-diagnose, like a previous reviewer suggested, just that she was encouraging the reader to take charge of their own health, and not to let a Dr ignore them.

I am probably going to keep rereading this until I have to return it to the library.

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