
Sara Gottfried Hormone Cure

The Adrenal Thyroid Revolution
The Estrogen Fix
Balance Your Hormones, Balance Your Life
Exercise for Better Bones
Hormone Intelligence
The Body Cure
It's Not You It's Your Hormones
Younger
Hormone Repair Manual
The Gut Wellness Guide
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The Hormone Cure
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Healthy Hormones
The Hormone Cure
The Happy Hormone Guide
Beyond the Pill
The First Cat in Space Ate Pizza
Ayurvedic Healing for Women
Brain Weaver
The Adrenal Reset Diet
What Your Doctor May Not Tell You About(TM): Menopause
The Hormone Cure
The Betty Body: A Geeky Goddess' Guide to Intuitive Eating, Balanced Hormones,
and Transformative Sex
The Balance Plan
Brain Body Diet
8 Weeks to Vibrant Health
Fix Your Period
The Hormone Cure
The Hormone Reset Diet
The Hormone Reset Diet
The Hormone Cure in 30 Minutes
Women, Food, And Hormones
Cooking for Hormone Balance
How to Conceive Naturally
The Better Brain Solution
The XX Brain
The Hormone Diet
Summary of Sara Gottfried and Christianne Northrup's The Hormone Cure
The Hormone Fix

LOPEZ ADRIENNE

The Adrenal Thyroid Revolution Lara
Briden

“Nicole Jardim walks the talk, and I am confident that Fix Your Period will help ignite the hormone balance you are seeking and restore your vitality.” --Sara Gottfried, MD, New York Times

bestselling author of *The Hormone Cure*
A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women’s health coach and co-host of the podcast *The Period Party*. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Messiness. No wonder we call it *The Curse!* For many, it’s not just an inconvenience—it’s a colossal life disruption, forcing them to miss work, school, appointments, or dates. We’ve been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim explains, periods aren’t a nuisance, they’re information. When you learn to decode your period (or lack thereof), you’ll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim’s proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim’s *Fix Your Period* is essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS,

Endometriosis, or fibroids—and for anyone who wants to take charge of her hormonal health—and regain control of her life—naturally.

The Estrogen Fix Aster

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

Balance Your Hormones, Balance Your Life HarperCollins

The Hormone Cure ...in 30 minutes is the essential guide to quickly understanding the important health lessons outlined in Dr. Sara Gottfried's groundbreaking best seller, *The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol*. In *The Hormone Cure*, Dr. Sara Gottfried, a board-certified gynecologist and a graduate of Harvard Medical School, debunks the myth that hormonal relief can be found only through prescription pills. Instead, she believes that the stresses of hormonal imbalance can be cured through natural methods. The Gottfried Protocol is a hormone cure program that has helped thousands of women achieve optimal health and wellness through changes in diet and lifestyle, in addition to supplements and medications. Backed up by years of research and rigorous scientific testing, *The Hormone Cure* addresses the unique problems that afflict women as a result of hormonal imbalance, and provides a real, lasting solution. Use this helpful guide to understand *The Hormone Cure* in a fraction of the time, with tools such as: Explanations of the essential concepts from *The Hormone Cure*, including an explanation of the Gottfried Protocol Suggestions for applying Gottfried's integrative hormone therapies in everyday life Key takeaways from the cutting-edge medical research

in *The Hormone Cure* The critical reception to the work, including key arguments by major publications and thought leaders As with all books in the 30 Minute Expert Series, this book is intended to be purchased alongside the reviewed title, *The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol*.

Exercise for Better Bones North Atlantic Books

Balance your hormones and transform your life in six simple steps.

Hormone Intelligence Ballantine Books

Deepak Chopra meets Christiane Northrup in this women's health guide, which uses Ayurvedic and traditional Chinese Medicine to achieve hormonal balance and optimal well-being.

The Body Cure HarperCollins

Exercise for Better Bones is the most comprehensive and current exercise program for people with osteoporosis, osteopenia and low bone density. Written by Physical Therapist Margaret Martin, *Exercise for Better Bones* has been used by thousands of individuals around the world to improve their bone health and reduce their risk of a fall and fracture. *Exercise for Better Bones* is designed for any individual with osteoporosis and in need of a safe and effective osteoporosis exercise program. The book offers four program levels: Beginner, Active, Athletic and Elite.

It's Not You It's Your Hormones

HarperCollins

With groundbreaking research and an exciting new theory that will change the way women look at hormone replacement therapy for years of substantially improved health, happiness, and quality of life, *The Estrogen Fix* is a must-have book for every woman over 40. Dr. Mache Seibel,

one of the leading doctors in women's health and menopause, proves that every woman has an ideal time to more safely begin estrogen replacement. When administered at this time, referred to as "the estrogen window," estrogen can lower your risk for breast cancer, heart disease, Alzheimer's, diabetes, osteoporosis, and more while minimizing your symptoms. Offering hope, expertise, and concrete solutions to a rectifiable problem, *The Estrogen Fix* is the definitive book on hormonal health for women. If estrogen has you confused or worried, if you are toughing it out because it seems too complicated to figure it out, if your doctors are reluctant to treat you and your symptoms are making your life a challenge, this book is for you.

Younger Houndstooth Press

"Ridiculously fun and brilliantly illustrated." —Dav Pilkey, creator of *Dog Man* and *Captain Underpants* As seen on *The TODAY Show!* New York Times bestselling Mac Barnett and Caldecott Honor award-winning illustrator Shawn Harris turn their massively popular *The First Cat in Space Ate Pizza* live cartoon into an action-packed and hysterical graphic novel series—perfect for fans of Dav Pilkey, Raina Telgemeier, and Jeff Kinney. A Kids' Indie Next List Pick, an Indie Bestseller, and a Junior Library Guild Selection! Something terrible is happening in the skies! Rats are eating the MOON! There's only ONE hero for the job, a bold and fearsome beast bioengineered in a secret lab to be the moon's savior and Earth's last hope! And that hero is . . . a cat. A cat who will be blasted into space! Accompanied by the imperious Moon Queen and LOZ 4000, a toenail clipping robot, the *First Cat in Space* journeys across a fantastic lunar landscape in a quest to save the world.

Will these unlikely heroes save the moon in time? Can a toenail-clipping robot find its purpose in the vast universe? And will the First Cat in Space ever eat some pizza?

Hormone Repair Manual Weiser Books

Discover how to feel your best and balance your hormones, naturally. *Healthy Hormones* is about making small and realistic changes to help your body function at its optimum level. Naturopath Belinda Kirkpatrick helps you understand your hormones and provides easy ways to manage symptoms, hormonal conditions and fertility through diet and lifestyle. Expert nutritional advice and lifestyle tips are combined with answers to the many questions that women have asked Belinda during a decade of clinical practice. *Healthy Hormones* features 50 deliciously healthy family recipes, specially created, styled and photographed by recipe developer Ainsley Johnstone. The dishes are tailored around hormone-balancing ingredients and nutrient-dense fertility foods. 'As a woman and a medical doctor, I recommend all women read this delicious book to help them make practical and daily choices. It's a book that nicely balances scientific explanations with nourishing food truths.' Dr Natasha Andreadis, Fertility and Hormone Specialist, Gynaecologist, Clinical Lecturer, University of Sydney

The Gut Wellness Guide Harmony

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

Womancode Harper Collins

The Harvard-educated physician and New York Times bestselling author of

The Hormone Cure shows you how to grow new receptors for your seven metabolic hormones, making you lose weight and feel great fast! When it comes to weight loss, most people don't think about hormones. But when you develop resistance to your seven major metabolic hormones—cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogen—your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism. And a slower metabolism leads to weight gain and difficulty losing weight. The solution, Dr. Sara Gottfried contends, is to reset the efficiency of your hormones by repairing and growing new hormone receptors. Based on leading scientific research, *The Hormone Reset Diet* is her proven weight loss and energy program to reverse hormone resistance in just three weeks. It will help you: Boost your metabolism and calorie burning by growing new and fresh thyroid receptors; Increase your weight loss by re-balancing estrogen and progesterone receptors; Reverse your aging by resetting glucocorticoid receptors (for better processing cortisol). For the last twenty years, this Harvard-MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most: excess weight, lack of energy, aging, and illness. Going beyond her bestselling *The Hormone Cure*, this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss.

[The Hormone Cure](#) Simon and Schuster
"All women need to read this book."—Dave Asprey, author of *The Bulletproof Diet*
"Groundbreaking solutions for the common hormonal struggles women face both on and off birth control."—Amy Medling, founder of

PCOS Diva and author of *Healing PCOS* A natural, effective program for restoring hormone balance, normalizing your period, and reversing the harmful side effects of 'The Pill'—for the millions of women who take it for acne, PMS, menstrual cramps, PCOS, Endometriosis, and many more reasons other than contraception. Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book *Beyond the Pill*, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, *Beyond the Pill* is an actionable plan for taking control, and will help readers: Locate the root

cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes Featuring simple diet and lifestyle interventions, *Beyond the Pill* is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

Tapestry of Health Grand Central Publishing

Alzheimer's disease is the #1 most terrifying disease today. Despite billions of dollars of research, there are no significant cures for dementia or Alzheimer's (the most common form of memory loss), which accounts for up to 70 percent of all dementia. Almost six million Americans have been diagnosed with Alzheimer's; with an annual cost of dementia care and research in the United States of \$215 billion, more than is spent on cancer or heart disease. In *The Better Brain Solution*, Dr. Steven Masley writes of the two urgent epidemics we are facing now--escalating rates of disabling memory loss and rapidly increasing rates of diabetes and pre-diabetes--and yet both conditions are largely preventable. Most people today understand the effect that elevated blood sugar has on their cardiovascular health, but few understand that insulin resistance is significantly damaging to the brain. In *The Better Brain Solution*, Masley offers a program that, in the fight against diabetes, memory loss, and

cognitive decline, can reverse insulin resistance, enhance cognitive performance, and stop cognitive decline before it is too late. Masley gives the reader the tools he has developed for his own private patients to prevent and reverse this metabolic syndrome and to achieve normal blood sugar levels (below 95 mg/dL). He explores the impact of insulin resistance on the brain and the heart/brain/diabetes connection, explaining how cognitive function and memory work and he discusses the risk factors for memory loss. The *Better Brain Solution* offers the reader a comprehensive plan for achieving optimal brain health, providing information on brain-boosting foods and supplements as well as providing a practical way to assess cognitive function. With 50 recipes for foods that improve brain and body and that are easy to prepare.

Healthy Hormones Blue Star Press
A Yale-trained, board-certified family physician with a specialty in women's health and obstetrics delivers a proven 28-day program to heal the overwhelmed, overloaded systems, and prevent and reverse the myriad of symptoms affecting the vast majority of women today. Weight gain, fatigue, brain fog, hormonal imbalances, and autoimmune conditions—for years, health practitioners have commonly viewed each as individual health problems resulting from a patient's genetic bad luck, poor lifestyle choices, or lack of willpower. Patients, too, have turned to different doctors to alleviate their specific symptoms: an endocrinologist for a thyroid problem; a gynecologist for hormonal issues; an internist for weight, diabetes, and high blood pressure; a rheumatologist for joint problems, and even to therapists or

psychologists. While these ailments may seem unrelated, Dr. Aviva Romm contends that they are intrinsically connected by what she calls Survival Overdrive Syndrome, a condition that occurs when the body becomes overloaded. SOS can result from childhood survival patterns or adult life stressors that are compounded by foods we eat, toxins in our environment, viral infections, lack of sleep, disrupted gut microflora, and even prescribed medications. Two of the systems most affected are the adrenal system and the thyroid, which control mood, hormones, inflammation, immunity, energy, weight, will power, blood sugar balance, cholesterol, sleep, and a host of other bodily functions. When these systems become overwhelmed they lead to symptoms that can develop into full blown illnesses, including diabetes, hypertension, osteoporosis, and heart disease—all of which have medically provable origins in SOS. The *Adrenal Thyroid Revolution* explains SOS, how it impacts our bodies and can lead to illness, and most importantly, offers a drug-free cure developed through Dr. Romm's research and clinical work with tens of thousands of patients. In as little as two weeks, you can lose excess weight, discover increased energy, improve sleep, and feel better. With *The Adrenal Thyroid Revolution*, you can rescue your metabolism, hormones, mind and mood—and achieve long-lasting health.

The Hormone Cure HarperCollins
In *The Happy Hormone Guide*, certified hormone specialist Shannon Leparski presents a comprehensive, plant-based lifestyle program to help women balance their hormones, increase energy, and reduce PMS symptoms. The *Happy Hormone Guide* includes comprehensive,

phase-specific (menstrual, follicular, ovulatory, and luteal) guidance including: Changes in fertility, libido, and basal body temperature Beneficial foods, micronutrients, and supplements Phase-specific recipes to support hormone balance Common changes to mood and energy levels Exercise tips suitable to different times of the month Facial recipes, hair masks, and essential oil blends Modern culture expects women to keep up with the same demanding daily routine, but women's cycles are anything but consistent. The *Happy Hormone Guide* explores the ebbs and flows of a woman's monthly cycle and provides a holistic view of the female hormone and endocrine system so that you can take control of your cycle and improve your quality of life. This book is perfect for women living with PCOS, endometriosis, or any other form of hormonal imbalance.

The Happy Hormone Guide Balance "The breakthrough book we've been waiting for on . . . epigenetics and aging . . . [A] stunning achievement by one of our wisest and most thoughtful . . . physicians." —Mark Hyman, M.D., New York Times–bestselling author of *The Blood Sugar Solution* and director of the Cleveland Clinic Center for Functional Medicine Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long line of Alzheimer's, cancer, or heart disease? Will nothing help your aging skin or declining libido or flagging energy? This book is for you. The assumption is that we are our genes. The scientific reality is that ninety percent of the signs of aging and disease are caused by lifestyle choices, not your genes. In other words, you have the capability to overcome and transform your genetic history and tendencies. Harvard/MIT-trained

physician Sara Gottfried, M.D. has created a revolutionary seven-week program that empowers us to make the critical choices necessary to not just look young, but also feel young. Dr. Gottfried builds this book around the five-key factors that lead to accelerated aging—the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. The seven-week program addresses these factors and treats them in an accessible and highly practical protocol and is as follows: Feed—Week 1 Sleep—Week 2 Move—Week 3 Release—Week 4 Expose—Week 5 Soothe—Week 6 Think—Week 7 Dr. Gottfried's program makes it possible to change the way you age, stay younger longer, and remain healthy and vibrant for all of your days. "Prepare to completely shift your paradigm around aging." —JJ Virgin, New York Times–bestselling author of *The Virgin Diet* "An invaluable resource." —Marianne Williamson, International bestselling author of *A Return to Love Beyond the Pill* Rodale Books Get the Summary of Sara Gottfried and Christianne Northrup's *The Hormone Cure* in 20 minutes. Please note: This is a summary & not the original book. "The Hormone Cure" by Sara Gottfried, M.D., is a comprehensive guide to understanding and addressing hormonal imbalances in women. Dr. Gottfried, with her extensive background in bioengineering, science, and clinical experience, presents The Gottfried Protocol—a natural approach to restoring hormonal equilibrium through lifestyle changes, dietary adjustments, supplements, and when necessary, bioidentical hormones. The book emphasizes the importance of organ reserve and the body's capacity to maintain balance amidst stress and

physiological demands...

The First Cat in Space Ate Pizza

HarperCollins

A New York Times bestselling author and Harvard-educated M.D. shows you how to grow new receptors for your seven major metabolic hormones, helping you to lose weight and feel great, fast! When weight loss is your goal, you often don't think about hormones. But when you develop resistance to the seven major metabolic hormones (cortisol, thyroid, testosterone, growth hormone, leptin, insulin and estrogen), your body is programmed to adjust by raising your hormone levels higher and higher. Since these hormones regulate your metabolism, it will get slower and slower, making you fatter and fatter! The solution is to reprogram your hormonal levels by repairing hormone receptors and growing new ones. In *The Body Cure*, Dr. Sara Gottfried uses cutting-edge research in a weight-loss and energy program that will reverse hormone resistance in just twenty-one days. As a result, you will boost your metabolism and calorie-burning by growing new and fresh thyroid receptors; increase your weight loss by re-balancing estrogen and progesterone receptors; and reverse your aging by resetting glucocorticoid receptors, for better cortisol processing. For the last twenty years, Harvard-MIT-educated physician Dr. Sara Gottfried has helped thousands of patients address the root hormonal causes of what bothers them most: excess weight, lack of energy, aging and illness. This program is the next generation of her deep understanding of hormonal optimization for rapid weight-loss and better health. *Ayurvedic Healing for Women* Da Capo Lifelong Books
The instant New York Times bestseller!

"In *The XX Brain*, Lisa meticulously guides us in the ways we can both nourish and protect ourselves, body and mind, to ensure our brains remain resilient throughout our lives." --from the foreword by Maria Shriver
The first book to address cognitive enhancement and Alzheimer's prevention specifically in women--and to frame brain health as an essential component of Women's Health. In this revolutionary book, Dr. Lisa Mosconi, director of the Women's Brain Initiative at Weill Cornell Medical College, provides women with the first plan to address the unique risks of the female brain. Until now, medical research has focused on "bikini medicine," assuming that women are essentially men with breasts and tubes. Yet women are far more likely than men to suffer from anxiety, depression, migraines, brain injuries, and strokes. They are also twice as likely to end their lives suffering from Alzheimer's disease, even when their longer lifespans are taken into account. But in the past, the female brain has received astonishingly little attention and was rarely studied by medical researchers-- resulting in a wealth of misinformation about women's health. *The XX Brain* confronts this crisis by revealing how the two powerful X chromosomes that distinguish women from men impact the brain first and foremost and by focusing on a key brain-protective hormone: estrogen. Taking on all aspects of women's health, including brain fog, memory lapses, depression, stress, insomnia, hormonal imbalances, and the increased risk of dementia, Dr. Mosconi introduces cutting-edge, evidence-based approaches to protecting the female brain, including a specific diet proven to work for women, strategies to reduce stress, and useful tips for restorative sleep. She also

examines the controversy about soy and hormonal replacement therapy, takes on the perils of environmental toxins, and examines the role of our microbiome. Perhaps best of all, she makes clear that it is never too late to take care of yourself. The XX Brain is a rallying cry for women to have full access to information regarding what is going on in their brains and bodies as well as a

roadmap for the path to optimal, lifelong brain health.

Brain Weaver HarperCollins

Outlines a three-step program designed to correct hormonal imbalances for potential health benefits, explaining how to identify problem areas in order to address such challenges as weight gain, insomnia, and mood disorders.