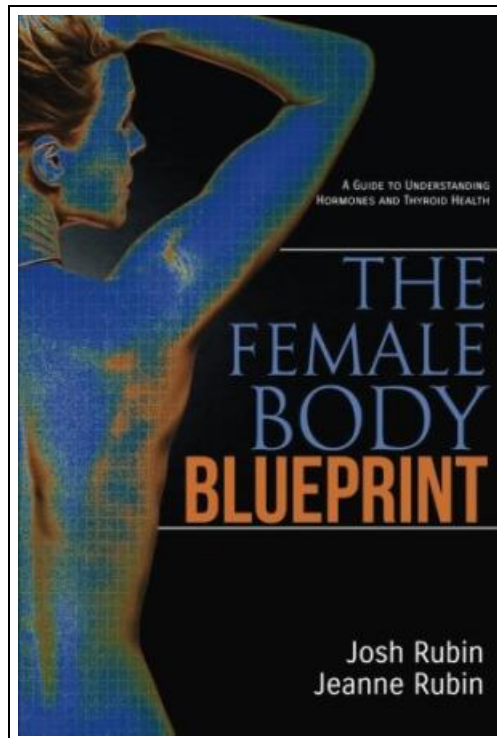


The Female Body Blueprint: A Guide to Understanding Hormones and Thyroid Health



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THE FEMALE BODY BLUEPRINT: A GUIDE TO UNDERSTANDING HORMONES AND THYROID HEALTH

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Archangel Ink, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Hormones Gone Haywire? There is a crisis in women s health today. The average age for puberty has dropped abruptly to 10 years of age. Endometriosis, one of the top three causes of female infertility, affects more than 5.5 million women. 75 of all women suffer with some premenstrual syndrome symptoms. 80 of all women have uterine fibroids (which lead to 170,000-300,000 hysterectomies annually). And dysmenorrhea-menstrual pain that interferes with day-to-day activities-affects approximately 40-70 of women of reproductive age. If you ve visited your doctor for any of these reasons, it s likely you ve been given birth control pills to even things out or hormone replacement therapy. But is this really a solution? The Solution Isn t More Birth Control Pills It s likely that hormonal treatments will only mask the symptoms, if not make things worse. So what is the solution? Is PMS to be normal and expected every month? Is infertility unable to be treated without invasive therapies? Are hot flashes simply a symptom of getting older? Luckily, the answer is no to all of these questions. There is a solution, and it doesn t involve drugs or invasive therapies. The solution lies in hormonal balance. A Total System for Female Health The Female Body Blueprint by Josh and Jeanne Rubin takes the complex subject of hormonal balance and breaks it down into easy to digest information and action steps. By naturally decreasing the amount of estrogen in your body, increasing the amount of progesterone, and healing your metabolism, you ll be well on your way to hormonal health at any age. Get back in balance by learning how to eat, sleep, exercise,...



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