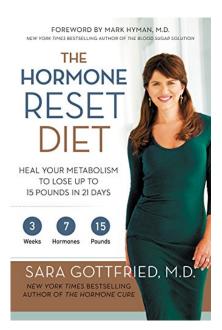
The Hormone Reset Diet: Heal Your Metabolism to Lose Up to 15 Pounds in 21 Days PDF



by Dr. Sara Gottfried : **The Hormone Reset Diet: Heal Your Metabolism to Lose Up to 15 Pounds in 21 Days** ISBN : #0062316249 | Date : 2015-03-17

Description :

PDF-b163d | 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, lep... *The Hormone Reset Diet: Heal Your Metabolism to Lose Up to 15 Pounds in 21 Days*

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