



The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol

By Sara Gottfried

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ALL TOO OFTEN WOMEN ARE TOLD that feeling moody, asexual, tapped out, dried up, stressed out, and sleep deprived is just a part of being female. Or they're led to believe that the answer can be found only at the bottom of a bottle of prescription pills. Dr. Sara Gottfried, a Harvard-educated physician and nationally recognized, board-certified gynecologist, refuses to accept that being a woman means feeling overwhelmed or that popping pills is the new normal. In *The Hormone Cure*, she shares the unique hormone-balancing program that she has used to help thousands of women reclaim wellness, verve, and optimal health.

Combining natural therapies with rigorous scientific testing and using an informative questionnaire to identify the common causes of hormonal imbalance, Dr. Gottfried provides an individualized plan in nonjudgmental and thoughtful language. Based on ten years' study of cutting-edge medical research as a specialist in functional and integrative therapies, Dr. Gottfried's three-tiered treatment strategy includes:

- Supplements and targeted lifestyle changes that address underlying deficiencies

- Herbal therapies that restore balance and optimize your body's natural function
- Bioidentical hormones— most available without a prescription

The Hormone Cure is a groundbreaking book that demonstrates how balancing your hormones can cure underlying health issues and result in restored sleep, greater energy, improved mood, easy weight loss, increased productivity, and many more benefits. Dr. Sara Gottfried's *The Hormone Cure* will transform your life.

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The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol

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The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol By Sara Gottfried Bibliography

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Editorial Review

From [Booklist](#)

Gottfried, a beautiful Harvard Medical School graduate, board-certified gynecologist, and yoga teacher, looks like an advertisement for healthy living and convincingly pushes women to make lifestyle changes rather than immediately asking for conventional prescription drugs to treat problems such as depression. To make her points, she cites studies. Otherwise, she is careful to insert “in my opinion.” For example, she does not like the form of progesterone sold as Provera, because she believes it causes “terrible mood problems” and “removes sex drive in both men and women.” Occasionally, she words her sentences too casually: “Estrogen is actually a group of sex hormones responsible for keeping women juicy, joyous, and jonesin’ for sex.” Goodness. And some of her advice may seem too hard to live by. Still, most of her tips are solid and helpful: break a larger goal into smaller ones, eat like your great-grandparents, cut out white foods, and move more. A glossary of terms and several appendixes should help anyone who wants to understand hormones and the female body. A valuable title for any middle-aged woman. --Karen Springen

Review

“*The Hormone Cure* is a breakthrough hormone guide—entertaining, persuasive, hilarious. I’ve not seen this content anywhere! Get to the root of your issues: low energy, fatigue, low sex drive, anxiety, weight gain. This book is gold.” (Marci Shimoff, author of *Love for No Reason*)

“*The Hormone Cure* is the playbook for your mojo, your mind, and your bootie. With every chapter I thought, “So THAT’s how that works.” I wanted to call every girlfriend and give them the goods on how to glow...now and always” (Danielle LaPorte, author of *The Fire Starter Sessions*)

“Never before have I read a book and shouted, ‘Oh my God, that’s ME!’ Managing hormones is the most important issue of women my age. I don’t just want to read Sara Gottfried, I want her to be my doctor, my friend, and my sister. (Ayelet Waldman, author of *Red Hook Road* and *Bad Mother*)

“This wonderful book transforms how we approach women’s health issues, and will help you understand how to achieve hormonal equilibrium if you suffer from fatigue, depression and other endocrine-based neuropsychiatric symptoms.” (Jay Lombard, DO, author of *Balance your Brain, Balance your Life*)

“Dr. Sara is smart, she’s hip, and yet she’s pure Harvard! Learn how to make your hormones hum. Run, don’t walk, to buy this book—for yourself and your friends. The life you save may be your own.” (Hyla Cass, MD, author of *8 Weeks to Vibrant Health*)

“A magnificent book! Every woman needs to read it, and every doctor.” (Louann Brizendine, MD, Author, *The Female Brain* and *The Male Brain*)

“Don’t accept the hormonal hell of being tired, stressed, fat, never in the mood for sex. Dr. Gottfried gives you an effective, easy-to-follow plan to balance your hormones and become lean and energetic. Stop settling, reclaim your sexy!” (JJ Virgin, author of *Six Weeks to Sleeveless and Sexy*)

“Occasionally a book comes along that’s perfect for its time-on topic, written with authority. Such is the book by Sara Gottfried, MD. It is a definitive integration of safe and effective approaches to the management of menopause.” (Jeffrey Bland, PhD, author of *The 20 Day Rejuvenation Diet Program*)

"Gottfried takes a comprehensive look at the most common physical and emotional ailments affecting women and explains why a hormone imbalance may be at their root. Her premise is simple: when a woman's hormones are in sync, she's a powerhouse, but when they're out of whack, they wreak havoc on her body and mind. The book is both fun and an informative read [and] Gottfried's take on the female body is eye-opening and empowering." (Spirituality and Health)

"Gottfried, a beautiful Harvard Medical School graduate, board-certified gynecologist, and yoga teacher, looks like an advertisement for healthy living and convincingly pushes women to make lifestyle changes rather than immediately asking for conventional prescription drugs to treat problems such as depression. Most of her tips are solid and helpful...A valuable title." (Booklist)

About the Author

Sara Gottfried, M.D., is a Harvard-educated physician and board-certified gynecologist who treats the root cause of problems, not just symptoms. A nationally-recognized yoga teacher, Gottfried teaches women how to balance their hormones naturally. She has been featured in *Yoga Journal*, *Glamour*, and *Cosmopolitan* magazines and in the award-winning film, *YogaWoman*.

Users Review

From reader reviews:

Deborah Mazzarella:

Now a day people who Living in the era just where everything reachable by talk with the internet and the resources in it can be true or not need people to be aware of each data they get. How people have to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Studying a book can help individuals out of this uncertainty Information specially this The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol book as this book offers you rich facts and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it as you know.

Patrick Richards:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read the book. It is really fun in your case. If you enjoy the book you read you can spent the entire day to reading a reserve. The book The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol it is rather good to read. There are a lot of people that recommended this book. They were enjoying reading this book. Should you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore easily to read this book through your smart phone. The price is not too expensive but this book features high quality.

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Denita Lumley:

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