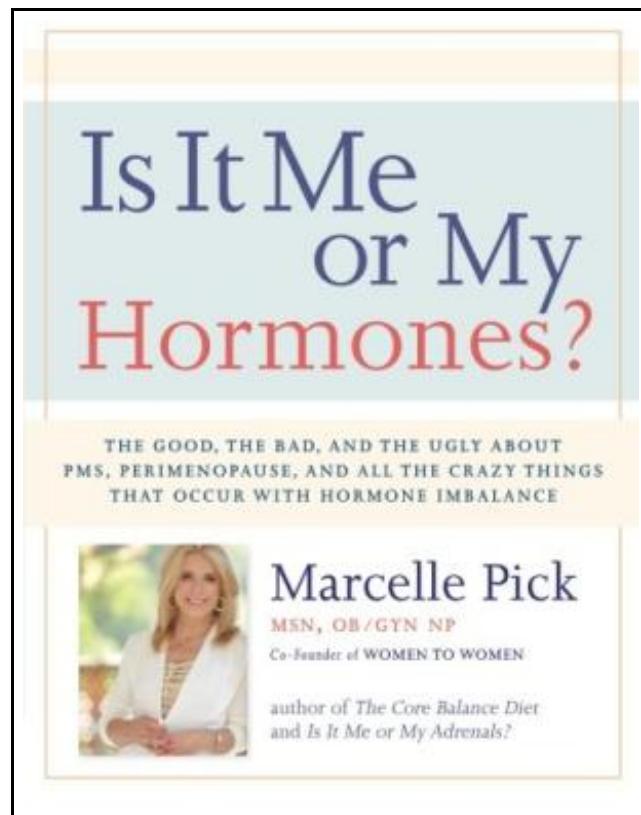


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Hay House Inc, United States, 2014. Paperback. Book Condition: New. 224 x 174 mm. Language: English . Brand New Book. One of the most common and agonising problems women face today is hormonal imbalance. Sometimes it's a nightmarish premenstrual syndrome - depression, cravings, bloating, weight gain, irritability, and even out-of-control rage for up to three weeks each month. Sometimes it's periods so painful that you have to arrange your entire life around your cycle. Sometimes it's a rocky passage into perimenopause that changes everything you know about yourself and your body. Luckily, you can resolve these hormonal issues - you just need accurate, actionable information to do so. In *Is It Me or My Hormones?*, Marcelle Pick, author of *The Core Balance Diet* and *Is It Me or My Adrenals?*, delves into the often misunderstood world of female hormonal imbalance. Sharing her personal struggles and her experiences with patients, Marcelle helps you understand how the right diet, exercise, supplements, herbs, and psychological support, occasionally complemented with bioidentical hormones, can free you from hormone disruption. After walking you through the basic science of how your hormones affect your body, mind and emotions, Marcelle lays out an accessible, easy-to-follow, 28-day program - complete with schedules, exercises, supplements, meal plans and recipes - that will stabilise your hormones in just one month and make you feel like yourself again. Unlike many medical professionals, Marcelle knows that your symptoms aren't just a normal part of being a woman or not that big a deal. And in this book, she validates your experience of hormonal imbalance and opens your eyes to the power you have over your health. Join Marcelle on this journey to implement simple, natural changes that will help eliminate your cravings, depression, mood swing and weight gain, and...

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