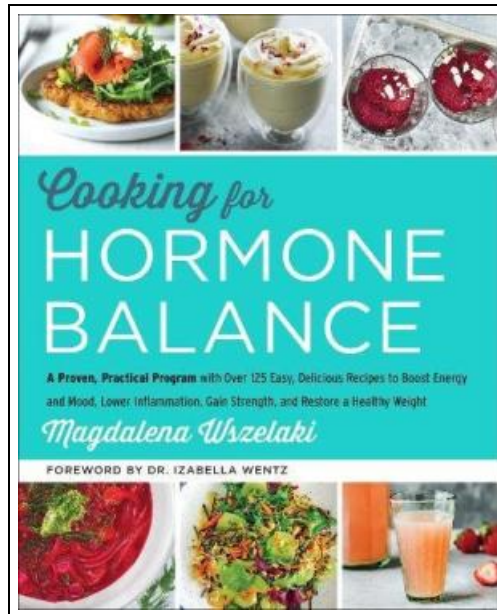


## Cooking for Hormone Balance: A Proven, Practical Program with Over 125 Easy, Delicious Recipes to Boost Energy and Mood, Lower Inflammation, Gain Strength, and Restore a Healthy Weight (Hardback)



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## **COOKING FOR HORMONE BALANCE: A PROVEN, PRACTICAL PROGRAM WITH OVER 125 EASY, DELICIOUS RECIPES TO BOOST ENERGY AND MOOD, LOWER INFLAMMATION, GAIN STRENGTH, AND RESTORE A HEALTHY WEIGHT (HARDBACK)**

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HarperCollins Publishers Inc, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. From the founder of the popular Hormones Balance online community comes this life-saving program and cookbook filled with more than 125 tempting, nutrient-dense recipes to restore hormonal balance and achieve optimal health-resulting in improved energy, weight loss, lower stress levels, and enhanced emotional wellbeing for a wide-range of hormonal-related conditions. Millions of women suffer from the life-altering, often debilitating symptoms resulting from hormonal imbalances caused by thyroid conditions, adrenal fatigue, menopause, endometriosis, fibroids, PMS, and PCOS, among others: stubborn weight gain, brain and mood issues, low energy, and more. The good news is that most of these conditions are reversible. Holistic nutrition coach Magdalena Wszelaki knows this firsthand. Developing hyperthyroidism and then Hashimoto's, adrenal fatigue and estrogen dominance propelled her to leave a high-pressured advertising career and develop a new way of eating that would repair and keep her hormones working smoothly. Now symptom free, Magdalena shares her practical, proven knowledge so other women may benefit. In *Cooking for Hormone Balance*, she draws on current research to explain the essential role food plays in keeping our hormones in harmony, and offers easy, flavorful recipes to help us eat our way to good health. She also offers clear, concise action plans for what to remove and add to our daily diet to regain hormonal balance, including guides for specific conditions. Magdalena provides dozens of delicious, easy-to-prepare recipes using twenty hormone-supporting superfoods and twenty hormone-supporting superherbs. From condiments, appetizers, and snacks to soups and salads to main courses and desserts, this comprehensive cookbook shares recipes for kitchen staples such as Creamy Mayo Four Ways and Healing Bone Broth, and options for every meal of the day, including Teff and Cherry Porridge, Sweet Potato and Sage Pancakes,...



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