



# The Hormone Secret: Discover Effortless Weight Loss and Renewed Energy in Just 30 Days

*Tami Meraglia*

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From an expert in integrative medicine, a thirty-day plan to help women lose weight and look and feel years younger.

As they grow older, many women struggle to lose weight. Unlike many men their age, they may also suffer from sleep problems, osteoporosis, and depression. Many women may even feel like they age less slowly and gracefully than their male counterparts.

Dr. Tami Meraglia knows that the magic word here is testosterone. While there is ample discussion in the medical community about the effects of estrogen loss, few people are aware of the importance of sufficient testosterone levels in women. A healthy dosage helps women slim down, improves their mood, lowers the risk of cardiac disease, increases energy and libido, prevents osteoporosis, enhances skin tone and texture, and may even prevent cognitive decline—yet more than 90 percent of women over age forty-five suffer from low testosterone levels. In *The Hormone Secret*, Dr. Tami offers an evidence-based thirty-day plan to restore healthy levels of testosterone and balance the relative levels of other hormones, based on lifestyle modifications such as supplements and nutritional adjustments. She also offers her Mediterranean Diet-based meal plan and low-impact exercise ideas that will immediately boost your energy.

With cutting-edge research and strong scientific evidence to support Dr. Tami's thirty-day plan, *The Hormone Secret* gives you all the information you need to balance your hormones and improve your vitality for a strong and healthy life.



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Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could possibly be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to test look for book, may be the guide untitled The Hormone Secret: Discover Effortless Weight Loss and Renewed Energy in Just 30 Days can be great book to read. May be it could be best activity to you.

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