



The Hormone Makeover

Donna White

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Makeovers of all kinds are very popular-everything from our bodies, our finances and careers. Many women need a hormone makeover. Since every single cell in a woman's body is influenced by hormones, if there is an excess or deficiency most likely the results will be symptoms such as: Hot Flashes, PMS, Menopausal Symptoms Depression, Anxiety, Weight Gain, Insomnia, Bone Loss, Headaches, Low Sex Drive and Fatigue... These symptoms affect women physically, mentally, emotionally and even spiritually. In *The Hormone Makeover-The 7 Steps to Transform Your Life with Bioidentical Hormones*, Donna White makes sense of the options available to women and presents precise action steps to address hormonal imbalance. Women will learn:

- If their symptoms are related to hormone imbalance
- Differences between synthetic, bioidentical hormones and herbal therapies
- What each hormone does in the body
- Symptoms of each hormone deficiency
- How to find and work with a physician
- How to use bioidentical hormones and supplements to address hormone imbalance
- Specific protocols for bone loss, PMS, hot flashes, depression and insomnia

"Donna is one of the most knowledgeable and personable experts I know in the area of bioidentical hormones." Julius Torelli, MD FACC "She has been able to effectively apply her vast knowledge in a way that is adaptable to each individual reflecting the true art of medicine at its finest." Larry Webster, MD "Through Christian voice, research, personal experience and extensive clinical experience, Donna White triumphs." K. Andre' Sloan, RPh, MBA "...the message and education she delivers has changed the lives of many through her passion for helping women achieve natural hormone balance." Matt Monroe, President, Peoplesway Donna White, BHRT Clinical Education Consultant, conference speaker and author, has trained dozens of physicians in BHRT and assisted in the care of thousands of women.

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Carrie Grogan:

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Concepcion Maldonado:

As people who live in the modest era should be update about what going on or data even knowledge to make them keep up with the era and that is always change and move forward. Some of you maybe will probably update themselves by reading books. It is a good choice for yourself but the problems coming to a person is you don't know what one you should start with. This The Hormone Makeover is our recommendation to help you keep up with the world. Why, as this book serves what you want and wish in this era.

Maria Gardner:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their down time with their family, or their friends. Usually they carrying out activity like watching television, gonna beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Could be reading a book might be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the publication untitled The Hormone Makeover can be fine book to read. May be it can be best activity to you.

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