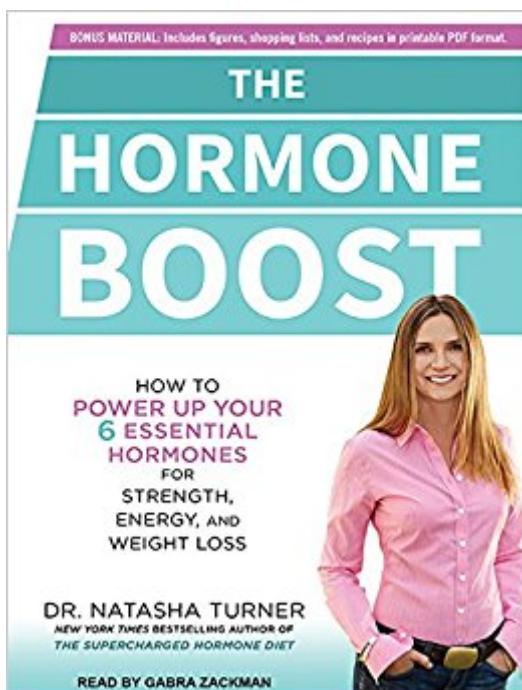


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The Hormone Boost: How To Power Up Your 6 Essential Hormones For Strength, Energy, And Weight Loss



Synopsis

Dr. Natasha Turner's first book, *The Hormone Diet*, revealed hormonal imbalance as a cause of weight gain and a proven barrier to fat loss, and her second book, *The Supercharged Hormone Diet*, established Dr. Turner as an authority in the link between weight loss and hormones. *The Hormone Boost* is the next evolution in hormone science. There is widespread knowledge that your thyroid hormone can sabotage weight loss efforts, but this book reveals for the first time that five other hormones-testosterone, adiponectin, growth hormone, adrenalin, and glucagon-are equally critical when trying to lose weight. Within days of the initial twelve-day "induction phase," you will feel younger, lighter, and better than you have in years. Using the latest research, Dr. Turner offers a cutting-edge exercise plan, a supplement program, and weekly meal plans with corresponding recipes for each phase of the path to weight loss. *The Hormone Boost* also includes informative and inspiring case studies, making it a must-have for anyone looking to shed weight and feel revitalized.

Book Information

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Customer Reviews

â œlf youâ™re struggling with weight and not sure where to start, look no moreâ "The Hormone Boost makes weight loss both understandable and doable. Youâ™ll discover how to make each meal the right balance of protein, carbs and fats, and youâ™ll get a blueprint with simple steps to prep your home and body. Itâ™s the first weight-loss book to address the SUM of you, not just SOME of you.â • â "Mache Seibel, MD, bestselling author of *The Estrogen Window* and faculty member, Harvard Medical School Â PRAISE FOR THE CARB SENSITIVITY PROGRAM: Â â œDr. Natasha Turner provides a comprehensive discussion of how and why dietary

carbohydrates create metabolic mischief in our bodies. Using a unique but common-sense approach, Dr. Turner unravels the mysteries behind why we gain weight, and shows how choosing the right carbs and avoiding the wrong ones can make or break a weight loss effort.â • â "William Davis, MD, New York Times bestselling author of *Wheat Belly: Lose the Wheat, Lose the Weight and Find Your Path Back to Health* Â œThis is a very valuable addition to any thinking dieterâ ™s bookshelf.â • â "The Vancouver Sun Blog Networkâ œComing in as a skeptic, I set the book down feeling like I had another confidant fighting the good fight with me . . . one meal at a time. . . . [The Carb Sensitivity Program] stands on a solid foundation created by her first two books. . . . The CSP leaves no room for wonder and keeps its readers fully aware of tools to use and knowledge about their respective â ^next step.â ™ . . . Dr. Turner builds enough context to get you motivated and she delivers a clear and detailed plan to guarantee success in the program.â • â "Breaking Muscleâ œPacked with inspiring case studies, flavourful, wholesome recipes, and meal plans designed to boost energy while also testing for carbohydrate tolerance, The Carb Sensitivity Program will give readers the tools they require to lose weight, gain valuable insight into their bodies, and achieve vibrant, long-lasting health.â • â "Cook Book Mix (audio review)â œNatasha Turner [is] my new hero! . . . Dr. Natasha Turnerâ ™s book is my new â ^bibleâ ™ and I recommend it to everyone.â • â "Lean & Green (blog) Â PRAISE FOR DR. NATASHA TURNER: Â œFollowing Dr. Natasha Turnerâ ™s advice will result in significantly better hormone balance and overall healthâ "and lead to sustained weight loss for as long as her program is followed. Very highly recommended!â • â "Dr. Jonathan Wright, MD, acclaimed author and pioneer of natural hormone replacement therapy Â œDr. Turner shows how hormonal imbalance sabotages weight loss. In order to lose weight, you have to eat real food and keep your hormones balanced, whatever your age. The Hormone Diet and The Supercharged Hormone Diet are great books.â • â "Suzanne Somers, author of *Sexy Forever* --This text refers to an alternate Audio CD edition.

Dr. Natasha Turner is a leading naturopathic doctor and founder of Clear Medicine, a Canadian-based wellness boutique that provides integrated health care. She is the author of The Carb Sensitivity Program and the New York Times bestseller The Supercharged Hormone Diet. She lives in Toronto, Canada, with her husband. Gabra Zackman is the award-winning narrator of over 300 audiobooks. She has been in the business since 2004, when she started recording for the National Library Service for the Blind. A classically trained actress, Gabra has appeared in theaters all over the country as well as on film and television.

Helped me under my hormone imbalance & how I can correct it with a good healthy diet. Losing weight now after months of struggling with no success. Book is a life saver!

Great help in my quest to finally, once and for all, to get weight off. I saw her on Dr. Oz and that is why I decided to order her book. You will not be sorry if you order the book.

Very straightforward, clear information. Easy to follow guide - a must read for anyone suffering from any type of hormonal imbalance.

Saw her on Dr. Oz. Book is fabulous and very relevant. we should all have a personal health goal to make minimal impact on the medical community and this book will do it for you.

Some I am unable to do due to food sensitivities.

Partner really enjoyed it and is using daily after seeing the author on Dr Oz.

Awesome book! Lots of totally doable tips and information to help bring hormones back into balanceÃ Ã'Ã•Ã Ã'Ã•Ã Ã'Ã•

This book has lots of good health tips, recipes and exercises for weight lifting routines.

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