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27 May 2010 by Vicki Edgson (Author), Dr Marion Gluck (Author) 4.2 out of 5 stars 76 ratings

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Whether you're riding the roller coasters of puberty, pregnancy or the menopause, we're all a slave to our hormones at some point in our lives, and they can leave you feeling tired, low and irritable. In It Must Be My Hormones, leading specialists in women's health Dr Marion Gluck and nutritionist Vicki Edgson, show you the role that each of our major hormones plays, how a deficiency can affect our well-being, and what we can do to restore the balance. In this book you'll discover:

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About It Must Be My Hormones. Marion always planned to go beyond the treatment of individual patients, to help empower

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women through education and understanding of their hormones. To that end she wrote her first book, It Must Be My Hormones, which has helped to shine a light on subjects which are often viewed as taboo or hard to discuss. Not only does It Must Be My Hormones help you understand the ins and outs of your hormonal system, but it helps demystify various endocrine disorders ...

It Must Be My Hormones by Dr Marion Gluck - Marion Gluck
It is crucial to understand the important part hormones play in both our reproductive and overall health and realize how much we can do through nutrition and lifestyle to have a positive effect on our hormones. From boosting fertility to easing symptoms of PMS and menopause, this book offers

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practical guidance by experts

It must be my hormones : getting your life on track with ... Filled with inspiring personal stories, nutritional suggestions and advice on bio-identical hormone therapy - the best and safest choice for HRT - It Must Be My Hormones will help you regain control of your hormones and your life.

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It Must Be My Hormones: Getting your life on track with ...
It Must Be My Hormones □ The HRT Debate. One of my Fabulous Fifty resolutions is to address my hormones once and for all. This may seem an overly dramatic statement but it is something I have been battling with for a while. I have written previously about my menopausal madness which manifests itself largely with me feeling irritable, impatient, forgetful, tired and fuzzy headed.

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It Must Be My Hormones - The HRT Debate - Mother of Teenagers

It must be my hormones Posted on March 22, 2015 March 22, 2015 by hormonedoctoruk When I qualified as a GP in 2000, despite excellent training, I was never prepared for one of the most common complaints patients would present to me in my busy surgery which was "there's something wrong with my hormones".

The Hormone Doctor "It must be my hormones"

It Must Be My Hormones: A Practical Guide to Re-balancing your Body and Getting your Life Back on Track Marion Gluck. 4.3 out of 5 stars 86. Paperback. £10.75. Only 15 left in stock

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Author Topic: 'It must be my hormones' have you read it?

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In It Must Be My Hormones, leading specialists in women's health Dr Marion Gluck and nutritionist Vicki Edgson, show you the role that each of our major hormones plays, how a deficiency can affect our well-being, and what we can do to restore the balance.

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