

# [PDF] The Hormone Reset Diet: Heal Your Metabolism To Lose Up To 15 Pounds In 21 Days

Sara Gottfried - pdf download free book

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#### Books Details:

Title: The Hormone Reset Diet: Heal

Author: Sara Gottfried

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#### Description:

The Harvard-educated physician and *New York Times* bestselling author of *The Hormone Cure* shows you how to grow new receptors for your seven metabolic hormones, making you lose weight

and feel great fast!

When it comes to weight loss, most people don't think about hormones. But when you develop resistance to your seven major metabolic hormones—cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogen—your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism. And a slower metabolism leads to weight gain and difficulty losing weight. The solution, Dr. Sara Gottfried contends, is to reset the efficiency of your hormones by repairing and growing new hormone receptors.

Based on leading scientific research, *The Hormone Reset Diet* is her proven weight loss and energy program to reverse hormone resistance in just three weeks. It will help you:

- Boost your metabolism and calorie burning by growing new and fresh thyroid receptors;
- Increase your weight loss by re-balancing estrogen and progesterone receptors;
- Reverse your aging by resetting glucocorticoid receptors (for better processing cortisol).

For the last twenty years, this Harvard-MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most: excess weight, lack of energy, aging, and illness. Going beyond her bestselling *The Hormone Cure*, this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss.

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