#  Presale content #2

**Are your hormones working against you?**

Hormones affect so many aspects of our health—an imbalance can wreck havoc on our bodies.

**Could your hormones be causing acne, facial hair, or hair loss?**

Your hormone imbalance might be hurting your fertility and female health.

If you’re sick of doctors not having any answers, or thinking it’s in your head, it’s time to take your health into your own hands.

Hormones can hurt us or create good health.

That’s why it’s so important to take care of our bodies and hormones, and get things in the right balance.

**We can manage our hormones...but first we have to learn how!**

I suffered for years from a variety of hormone imbalances, and tried every treatment option known to man.

That took me on a journey of learning and exploring, looking for a solution to my health issues.

I was amazed at how I could change my health by balancing my hormones.

**I got healthy, and knew I had to share my knowledge with others.**

I developed a **comprehensive resource about the many hormone imbalances** that affect so many of us.

The Power of Hormones: Your Guide to Optimal Hormone Health

This guide explains hormones, how they work, how they affect each other and you, and how they can cause problems when out of balance.

You’ll get detailed lists of symptoms and the keys to treating different issues.

## Hormone imbalances affect 1 in 3 women!

**I’m not the only one dealing with various hormone issues.**

Nicole was sick for over 15 years.

She tried diet, exercise, stress management, fermented foods, herbs, homeopathy, many doctors and more.

None of that helped.

She suffered from hot flashes, depression, brain fog, mood swings, eating disorders, severe joint pain, receding gums...

That’s not even a full list of her symptoms.

It was only after she found a hormone imbalance treatment that she got healthy again.

**“I am now well! COMPLETELY PAIN FREE, and this is only written on day 65 of my progesterone cream therapy!**

**I am a new person and OFTEN now think…so THIS is how normal people feel. I am the opposite of all those symptoms.”**

Would you like to learn more about this life-changing treatment plan?

Maybe you’ve experienced hormone imbalance issues yourself, and know how hard it is to find a solution.

**My book will help you explore all the different issues that arise from hormone imbalances.**

Finally, you can discover what’s off and what you can do about it.

You can feel healthy and fix so many issues.

This invaluable health resource covers a multitude of issues, providing understanding into how hormones work, and how you can treat your issues both naturally and with medicine.

## The Power of Hormones (Your Guide to Optimal Hormone Health)

This is a step by step system that effortlessly helps you to take control of your own hormone health and start your journey to wellness.

**Knowledge is power...and good health!**

In The Power of Hormones, you’ll learn about:

* The thyroid gland and problems with its imbalances
* Adrenal Chaos
* Sex hormones
* Obstacles to wellness
* How to take care of your glands and hormones
* Balanced lifestyle
* The pancreas-diabetes connection
* The Leptin solution
* Darkness hormone
* Graves Disease
* Lumpy Thyroid
* Estrogen issues
* Testosterone issues
* Menopause
* And many more

**And much more than that...you’ll learn how to correct issues and feel good!**

Would you like to sleep better?

Would you like more energy and a clearer brain?

This book offers the way.

**How about a better sex life?**

One of the many resources is a tip on food for a better sex life.

What to eat...and what not to eat.

|  |  |
| --- | --- |
| **The Naughty List** | **The Good List** |
| Processed foods | Whole organic foods |
| Sugars & fructose | Fresh vegetables |
| Genetically engineered foods | Fermented foods |
| Chemical additives | Fish |
| Alcohol | Red Meat |
| Unsprouted grains | Organic chicken |

## Why you need this powerful book and plan

***The Power of Hormones*** will give you the knowledge and power to change your diet and change your health.

This book will help fix hormone issue related issues such as:

* Brain fog
* Bloat
* Weight gain (despite dieting, healthy diet, and exercise)
* Weight loss
* Hair loss
* Acne
* Facial hair
* Exhaustion
* Low libido
* Mood swings
* Insomnia
* Digestive problems
* Depression
* Joint pain
* Infertility
* And many more

**The Power of Hormones includes The Must Have List of Supplements, Vitamins, Minerals for Hormone Balance.**

So many people struggle with thyroid issues.

The Power of Hormones will help you with that, and many more hormones issues that people aren’t as familiar with.

Adrenal issues, diabetes, sleep issues... It’s all covered.

Women have a complex balance of estrogen and other hormones.

An imbalance of sex hormones is a girl’s worst nightmare!

Side effects include awful acne that persists long after puberty, mood swings that make any balanced girl’s PMS look like a good day, facial hair and a swollen tummy.

Sex hormones affect much more than that, too.

**Lean about simple lifestyle changes, natural treatments, and medications to help the body.**

You can see results in under a month.

Imagine, you can feel better in *under 30 days.*

This program truly is a bargain.

This knowledge will help you restore their body’s natural balance so you feel and look great.

Do you struggle with weight gain, despite exercise? Then you will definitely want to a copy of The Power of Hormones!

Not only do you receive a book packed with information to help diagnose and treat hormone imbalances...

You also receive three amazing bonuses that target common hormone issues.

The key to a life full of energy and good health is right in front of you, and I invite you to share it with your friends and subscribers!