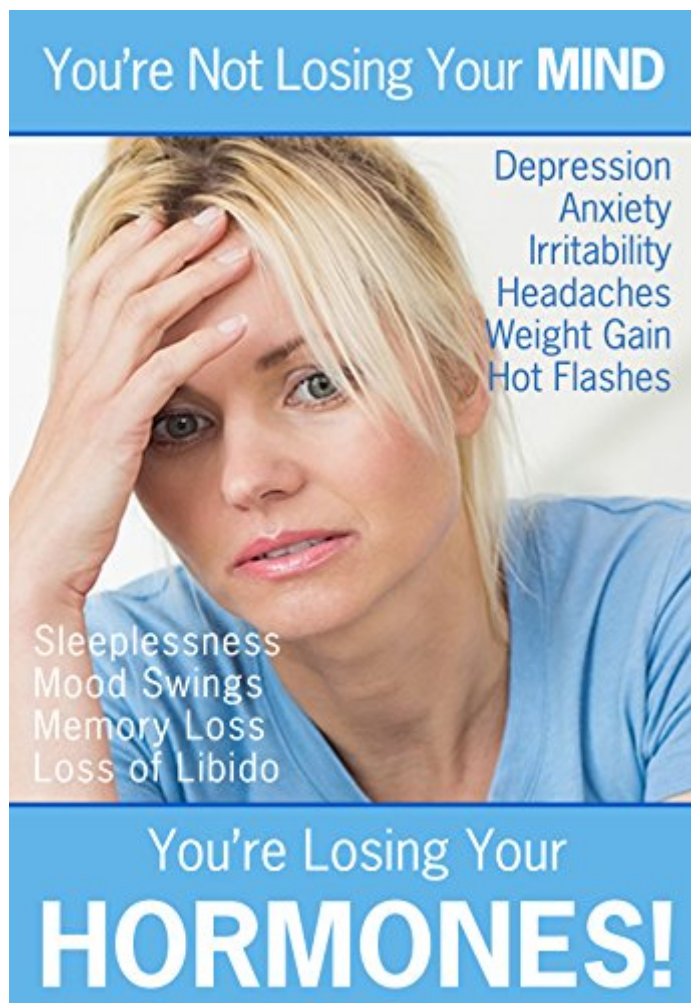


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# You're Not Losing Your MIND, You're Losing Your HORMONES!: This Book Explains The Reason For The, Over 115, Symptoms That Accompany The Hormone Decline ... Therapy, But No One's Telling You)





## Synopsis

This book makes understanding hormones easy. It takes a very technical subject and makes it REALLY simple for the average person . It does so with every day language and tons of images so you can actually SEE the process that goes on in your body each month, and what causes it to go wrong. In this publication you will learn:

- How your hormones work
- Why your hormones start changing long before 50 years of age
- Why your hormones start declining at 18 years of age
- What causes your hormones to decline
- The over 115 symptoms of hormone decline
- What to do about your declining hormones
- How to stop the many symptoms of hormone decline

## Book Information

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## Customer Reviews

I read this years ago & can't say enough how it changed my life. It literally saved me. I would highly recommend it to everyone. 8-8-16...Update to a huge mistake that I made! In May I decided to make

a change and go to a doctor who specializes in HRT...BodyLogic. I paid over \$1,500.00 to have the testing done, the consultation and all of the hormones & supplements that were suggested based on my test results. I was given Progesterone, DHEA & thyroid in pill form. I questioned the doctor about the fact that hormones should not be ingested and she just said that was years ago. The first 2 weeks I felt GREAT. After that I started noticing some changes and thought it was my imagination. Well, I was right; all those symptoms came back and I was in worse shape than when I started. I got lazy using Sindi's creams and that is where I went wrong. I should have known better because I had awesome results and I have been using them since 2007. It was getting lazy and messing with the amounts that I learned a real hard lesson and this is the reason I decided to give this recent update. Now I'm starting over and in 3 days I have noticed how well they really do work. It's SO worth the effort because in the end, your quality of life is only going to be what you put into it. Don't make the same mistake I made.

I was quite amazed at how simple the explanation was about how hormones work in a woman's body. I was definitely missing information. I did have some knowledge of them but this book made it complete. I recommend this book to females and males as I feel everyone should know what's happening with hormone decline and how miserable it can make a woman feel, and that it can be corrected.

This is a book loaded with so much valuable information for ALL women and men too! The book is written so it's easy to read, learn and understand how our bodies work. I encourage everyone to take the time to read *You're Not Losing Your Mind You're Losing your Hormones* and pass it on to every one you know and love! It's a must read!! Thank you Sindi for taking the time to write this book so we can learn how our bodies work and we can feel the best we possible can!

This booklet answered so many questions for me. I knew there was something wrong with my hormones but was confused about it. I had been on the internet and read many things. After I read the book I felt like I knew where to start and that there was hope. I immediately contacted Sindi and got the hormones creams and my life has been better and better. I recommended the book and creams to my sister and she told me that this is the only thing that has worked to help her with her health. Before I had no solution and now that my hormones are doing better I am calmer, have more energy, sleep better, have started kayaking and working out. I seem to be going backwards towards my youth. I have just turned 50 and feel better than I did in my 30s. Read it and try it. Thank you Sindi

This book has finally explained this complicated information CLEARLY. I was very confused about the hormones that the doctors were talking about versus bioidentical hormones. I didn't know whether I needed them or not. The result of this was that I wasn't doing anything, yet feeling quite miserable! Sindi has made it all make sense to me. I know now what I need to do. And it's nice to FINALLY understand my monthly cycle. I know that this information will give relief to many many women. Thank you, Sindi, for all of your hard work.

Wonderful and Informative Book. Thank you for explaining how our hormones go down hill and for how doctor prescribed hrt's are not natural for us. Thank you for all the time and effort you have done over the years to improve women's health and well-being. I love your natural products.

Blessings to you and your family, Donna Schneider

I am not a novice. I have been learning (or a least trying to learn) about HRT for years. This booklet is a wonderful source of information. It helped me understand why some of the symptoms I have suffered from are related to my hormone levels (hormones that are typically supplemented in HRT). Symptoms that no doctor I have seen have been able to explain or discover their cause.

From my wife: "I just got Sindi's booklet on hormones and found it very informative. The two most helpful ideas were the warnings about female herbs with regard to receptor sites, and how you can tell if you need estrogen or progesterone. All women need this information and it's a quick read.

Thanks!

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