



The Hormone Boost: How to Power Up Your 6 Essential Hormones for Strength, Energy, and Weight Loss

Natasha Turner

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New York Times bestselling author Dr. Natasha Turner returns with a simple and effective weight-loss plan that harnesses the power of the six hormones linked to strength, energy, and weight loss.

When it comes to metabolism, energy, immunity, memory, mood, and strength, who doesn't need a boost now and then? *The Hormone Boost* is the first book to provide an extensive, scientific overview of the six hormones that influence weight loss. Although it is widely accepted that the thyroid hormones control weight loss efforts, Dr. Turner reveals how the impact of five other hormones—testosterone and DHEAs, adiponectin, growth hormone, adrenaline, and glucagon—are equally important when trying to lose weight.

In Dr. Turner's previous bestselling books, she taught you how to identify and solve hormonal imbalances. In *The Hormone Boost*, she focuses on optimizing what's right and includes a revolutionary plan that has been proven effective for everyone, not just those experiencing symptoms of hormone disruption. With more than 60 recipes and a simple Pick-4 guide to creating meals, smoothies, and salads, the book makes getting the right balance of carbs, fat, and protein easy.

The Hormone Boost is chock-full of tips and positive research findings and features daily progress tracking aids and a weekly workout plan that emphasizes strength training. The book also includes advice about supplements for accelerating fat loss, improving sleep, digestion, and skin appearance, as well as building strong muscles and bones. You will find inspiration in the success stories from Dr. Turner's clinical practice and TV belly-fat makeovers.

Rather than merely targeting weight loss, *The Hormone Boost* offers total wellness. No more deprivation, irritability, hunger, or fatigue that so often accompany diets. Dr. Turner's plan will have you energized from the start!

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