



## **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)**

*By Sindi J Holmlund*

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This book makes understanding hormones easy. It's 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

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## **Editorial Review**

### About the Author

My name is Sindi Holmlund and I am a; researcher, writer, herbalist, developer and manufacturer of chemical free health and beauty products, owner of Accurate Diagnostic Services laboratory and Right Way compounding pharmacy. I am currently 59 years of age and have been using Bioidentical Hormone Replacement Therapy for 19 years. I started experiencing the effects of hormone decline at the age of 27. I developed chronic vaginal infections, cystic ovaries, and my breasts were swollen and sore all the time. About age 32 I started experiencing extreme fatigue, long, heavy periods with spotting all month, rapid weight gain, acne, my breasts became even more sore, low blood sugar, sugar cravings (especially chocolate) and an inability to conceive. I either cried or screamed at the drop of a hat, everything my husband did was wrong and I continually threatened to divorce him. A few years later some new symptoms began. I started having horrible dizzy spells, my periods became light and I started skipping them, my skin aged practically overnight, my vision started changing, I grew a fatty tumor on my shoulder the size of an egg, my hair started falling out, I gained 35 pounds, the muscle tissue on my body disintegrated, I couldn't sleep, my memory started taking vacations, I couldn't concentrate, the sugar cravings doubled, I would wake up several times in the night because I was too hot and threw off my covers, only to wake a while later to put them back on because I was now too cool, and my breasts became so painful that often, the weight of them (and I was small breasted) brought tears to my eyes when I got out of bed in the morning. Luckily a friend gave me some Bioidentical Progesterone and in 20 minutes I felt great. That was the day my life, and the purpose of it, changed forever. That was 19 years ago and I have been helping women and men replace their declining hormones with Bioidentical Hormone replacement Therapy (BHRT) ever since. I wrote this book to help others prevent the hell I went through by explaining why hormones decline, what happens as they do, and how to Irradiate the symptoms that come with their decline. I hope you find this information useful.

Sindi Holmlund

## **Users Review**

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#### **Norman Brown:**

This 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) are reliable for you who want to be considered a successful person, why. The reason why of this 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) can be on the list of great books you must have is definitely giving you more than just simple reading through food but feed you actually with information that might be will shock your before knowledge. This book is handy, you can bring it everywhere you go and whenever your conditions throughout the e-book and printed types. Beside that this 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) forcing you to have an enormous of experience such as rich vocabulary, giving you test of critical thinking that we understand it useful in your day task. So , let's have it and enjoy reading.

**Bruce Smith:**

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**Robert Hensley:**

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