



## Safe Hormones, Smart Women

*D Lindsey Berkson*

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## **Safe Hormones, Smart Women** D Lindsey Berkson

- Balanced hormones are critical for vibrant health. - This applies both to your own hormones or those prescribed. - Science is now saying it's safe to take hormones for some women. - For some women it's safer to take hormones, even for a few years, than to not to take them at all. For the first time find out - - How balanced hormones can decrease the risk of heart disease, diabetes, being overweight, getting hospitalized, getting wrinkled, low sex drive, insomnia, exhaustion, even safeguard breasts. - Learn about the protective side of estrogen & the dangerous side of folic acid. - About the environment and progesterone resistance. - Learn the safety of soy before or after a diagnosis of breast cancer. - Hear about sedentary versus athletically fit food. - Which 7 foods you must eat to keep hormones safe, and which 7 you must avoid. -Learn which nutrients keep hormones safe and which ones put us more at risk of disease. This is an entertaining page turning book on the science behind hormones and foods. Learn about the truth about soy and breasts, how melatonin and vitamin D are estrogen's good buddy and how women's bodies yearn and synergize with fish oil. Discover a new understanding of estrogen and how it can make anti-cancer substances in your body if you eat right and take the optimal supplements at the appropriate times. Learn about the good estrogen dominance. Laugh and learn at the same time with Lindsey, a scholar at a science driven think tank on estrogens, a nutritionist, and a breast cancer survivor.

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