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Hormones

By Bev Maya

Active Interest Media, Inc., United Kingdom, 2008. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Countless women in North America suffer from issues of hormonal imbalance. Typically associated with PMS, peri-menopause, and menopause, hormonal imbalance can cause mood swings, hot flashes, night sweats, weight gain, and many other symptoms. Medical herbalist Bev Maya explains how and why we get out of balance, and most importantly describes how readers can achieve hormonal happiness. Maya describes many natural substances that can help readers get back in balance and she profiles a clinically proven, natural substance that she uses in her private practice. Maya does not focus on symptom relief, her goal is to correct hormonal imbalance on the cellular level to provide women with a lifetime of better health and vitality.



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