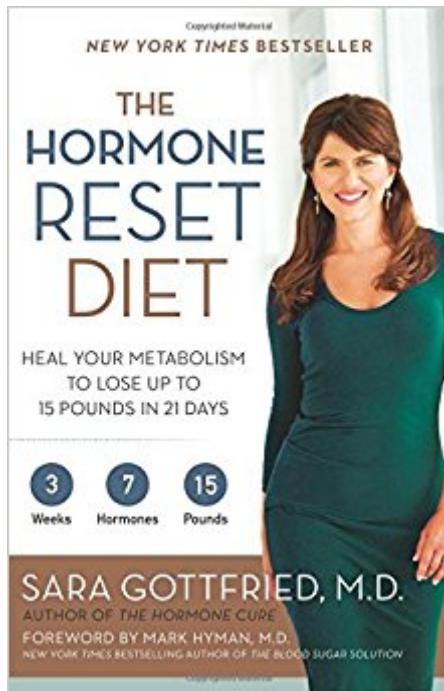


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The Hormone Reset Diet: Heal Your Metabolism To Lose Up To 15 Pounds In 21 Days



Synopsis

The Harvard-educated physician and New York Times bestselling author of *The Hormone Cure* shows you how to grow new receptors for your seven metabolic hormones, making you lose weight and feel great fast! When it comes to weight loss, most people don't think about hormones. But when you develop resistance to your seven major metabolic hormones—cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogen—your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism. And a slower metabolism leads to weight gain and difficulty losing weight. The solution, Dr. Sara Gottfried contends, is to reset the efficiency of your hormones by repairing and growing new hormone receptors. Based on leading scientific research, *The Hormone Reset Diet* is her proven weight loss and energy program to reverse hormone resistance in just three weeks. It will help you: Boost your metabolism and calorie burning by growing new and fresh thyroid receptors; Increase your weight loss by re-balancing estrogen and progesterone receptors; Reverse your aging by resetting glucocorticoid receptors (for better processing cortisol). For the last twenty years, this Harvard-MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most: excess weight, lack of energy, aging, and illness. Going beyond her bestselling *The Hormone Cure*, this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss.

Book Information

Paperback: 336 pages

Publisher: HarperOne; Reprint edition (March 15, 2016)

Language: English

ISBN-10: 0062316257

ISBN-13: 978-0062316257

Product Dimensions: 5.3 x 0.8 x 8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars— See all reviews (527 customer reviews)

Best Sellers Rank: #5,878 in Books (See Top 100 in Books) #8 in Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism #21 in Books > Health, Fitness & Dieting > Women's Health > General #69 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Don't waste your money. I was very excited about reading this book, because I have been struggling with my weight since entering menopause. Although I eat mainly vegetables and protein in the form of chicken and fish (with very little red meat) I have been unable to lose any weight. This diet plan is something I am already doing and it is not working for me. I feel the diet is also very misleading. Dr. Gottfried gives you 7 resets that are supposed to last for 3 days each, but that's not exactly true. Reset 1 is meatless (estrogen reset); Reset 2 is sugar free (insulin); Reset 3 is fruitless (leptin); Reset 4 is caffeine free (cortisol); Reset 5 is Grain Free (thyroid); Reset 6 is dairy free (growth hormone); Reset 7 is toxin free (testosterone). The truth is you are eliminating red meat, alcohol, sugar, fruit, caffeine, grains, dairy and toxins for the entire 21 days. Take a look at the menu she gives you on day 1, the meatless menu: Breakfast 1 cup lightly brewed tea omelet made with three eggs 1/2 cup asparagus 1 cup cooked spinach 1 tbs coconut oil Lunch Detox Shake made with 1 cup unsweetened almond milk, The shake is made with her protein powder, her fibre, kale and MCT oil 1 cup chopped kale, 1 cup chopped bell peppers 1 ounce raw cashews Dinner 6 ounces wild-caught salmon 1 cup steamed broccoli 2 cups salad with 2 tbs oil and red wine vinegar 1 cup chopped artichoke hearts 1 cup chopped purple cabbage and 1/2 cup romaine lettuce 1 rest my case. If you follow her suggested meal plan for each reset you are actually eliminating everything on day 1. All of the menu plans for each reset are similar, chicken or fish or eggs or a shake.

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