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Dr. Gottfried has a revolution in mind one that may lead to better health for many women. In The Hormone Cure, she not only means to sort out the complexities of hormone balance and make it understandable, she offers solutions and numerous resources to help you attain it.

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### **The Hormone Cure by Dr Sara Gottfried Goodreads**

Sara Gottfried, MD is the New York Times bestselling author of The Hormone Cure (Simon & Schuster, 2013) and The Hormone Reset Diet (HarperOne, 2015). After graduating from Harvard Medical School and MIT, Dr. Gottfried completed her residency at the University of California at San Francisco.

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### **The Hormone Cure Official Book Trailer by Dr Sara Gottfried MD**

Check out the New York Times bestselling book by Dr. Sara Gottfried "The Hormone Cure: Reclaim Balance, Sleep, Sex Drive, and Vitality Naturally with The Gottfried Protocol," published by Scribner 3/12/13.

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**Book Review of The Hormone Cure by Sara Gottfried MD**

Dr. Sara Gottfried's The Hormone Cure looks at her hormone-balancing programme for issues such as sex hormone imbalance, adrenal fatigue and thyroid issues. With a handy questionnaire to help you determine whether you have one or even several of these hormonal issues, this book is easy to digest and down to Earth.  
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**Sara Gottfried Author of The Hormone Cure**

Sara Gottfried, MD is the New York Times bestselling author of The Hormone Cure (Simon & Schuster, 2013) and The Hormone Reset Diet (HarperOne, 2015)  
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