



## **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*

Download now

Read Online ➔

**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

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

 [Download You're Not Losing Your MIND, You're Losi ...pdf](#)

 [Read Online You're Not Losing Your MIND, You're Lo ...pdf](#)

# **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*

**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

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

**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 Bibliography

- Sales Rank: #218896 in eBooks
- Published on: 2015-03-23
- Released on: 2015-03-23
- Format: Kindle eBook

 [Download You're Not Losing Your MIND, You're Losi ...pdf](#)

 [Read Online You're Not Losing Your MIND, You're Lo ...pdf](#)

**Download and Read Free Online 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**

---

## **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**

### **From reader reviews:**

#### **Maritza Berry:**

Reading can called thoughts hangout, why? Because if you find yourself reading a book particularly book entitled 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) your head will drift away trough every dimension, wandering in every aspect that maybe not known for but surely will become your mind friends. Imaging every word written in a reserve then become one type conclusion and explanation that maybe you never get prior to. The 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) giving you another experience more than blown away your thoughts but also giving you useful data for your better life with this era. So now let us explain to you the relaxing pattern this is your body and mind will likely be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

**Lorenza Jones:**

Beside this kind of 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) in your phone, it may give you a way to get nearer to the new knowledge or facts. The information and the knowledge you may got here is fresh through the oven so don't become worry if you feel like an aged people live in narrow community. It is good thing to have 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) because this book offers to your account readable information. Do you oftentimes have book but you seldom get what it's exactly about. Oh come on, that will not end up to happen if you have this inside your hand. The Enjoyable agreement here cannot be questionable, just like treasuring beautiful island. Techniques you still want to miss that? Find this book along with read it from currently!

**Lily Spivey:**

Is it you who having spare time subsequently spend it whole day by watching television programs or just laying on the bed? Do you need something new? 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 the reply, oh how comes? A book you know. You are so out of date, spending your extra time by reading in this brand new era is common not a geek activity. So what these guides have than the others?

**Teresa Hanson:**

Guide is one of source of understanding. We can add our understanding from it. Not only for students and also native or citizen need book to know the revise information of year in order to year. As we know those books have many advantages. Beside we all add our knowledge, could also bring us to around the world. From the book 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) we can get more advantage. Don't someone to be creative people? To get creative person must want to read a book. Simply choose the best book that appropriate with your aim. Don't end up being doubt to change your life by this book 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). You can more inviting than now.

**Download and Read Online 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**

**#ZA6KU84YMLB**

## **Read 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 for online ebook**

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 Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 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 books to read online.

**Online 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 ebook PDF download**

**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 Doc**

**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 Mobipocket**

**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 EPub**

**ZA6KU84YMLB: 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**