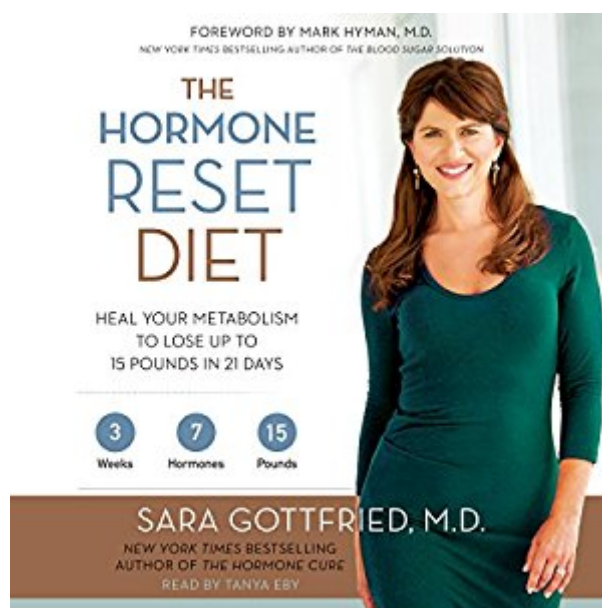


The book was found

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 best-selling 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 rebalancing estrogen and progesterone receptors Reverse your aging by resetting glucocorticoid receptors (for better processing of cortisol) For the last 20 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 best-selling *The Hormone Cure*, this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss.

Book Information

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Customer Reviews

i'm sad this was promoted as being helpful for hormonal imbalances whereas really this is just a

poorly written, poorly cited and not very effective diet book. if you were eating fast food and processed/refined things prior to following this diet, it might help you to clean out your system and lose weight but this is absolutely not a hormone reset and has very little if any merit to the science of the approach. i can tell you it hasn't worked for me so far, i'm 14 days in, and i'm following it to a T and have spent hundreds on all the extra suggested supplements.as other reviewers have mentioned the products promoted such as the shakes and bars contain some of the very things you are supposed to avoid during the diet and i also didn't receive any of the bonus material promised.this book and protocol seemed too good to be true, and definitely are. how great would it be to find a book that truly could approach hormone resetting and balancing from a scientific and qualified perspective- despite Sara's credentials, this falls short of even providing an informative, well written opinion... it is full of blanket statements and brief quotes that don't have any real merit or apply to what is being pushed. the casual and "i'm your friend" approach is fine but if that doesn't come with what's being promised it just seems like a creepy money hungry marketing scheme... and it's sad that so many "health experts" prey on people who could really use advice on how to fix what ails them...i have 7 days+ re-introduction left and if something magical happens i will update my review but i highly doubt it will shift since i'm 2/3 in and haven't had any of the magical promised results.

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:Breakfast1 cup lightly brewed teaomelet made with three eggs1/2 cup asparagus1 cup cooked spinach1 tbs coconut oilLunchDetox Shake made with 1 cup unsweetened almond milk, The shake is made with her protein powder, her fibre, kale and MCT oil1 cup chopped kale,1 cup chopped bell peppers1 ounce raw cashewsDinner6 ounces wild-caught salmon1 cup steamed broccoli2 cups salad with 2 tbs oil and red wine vinegar1 cup chopped artichoke hearts1 cup chopped purple cabbage and 1/2 cup romaine lettuceI 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. You don't reintroduce any of the foods you eliminated until day 22. Reentry starts on day 22 and you are only supposed to reintroduce 1 food at a time every three days. The theory is you need to see how your body reacts to the food that had been eliminated. So it's not really a 21 day reset. It's a 42 day reset! I am so disappointed with the the book. It is absolutely nothing new. Please save your money.

Very easy to follow and understand why taking out certain foods will help you clearly see the impact their having on your body and hormones. I love that she gives you tips from meals, supplements to mind and body tools to support your detox program. I've seen great shifts in my energy and feel so good I have lost the desire to go back to eating sweets...even the good sweets again.

I felt great while on this detox. I did not follow the protocol 100%, but even following the diet restrictions was enough to make a huge difference.

I was traveling for work every week, not sleeping well, stressed and piling on pounds. I found Dr Sara's reset easy to follow even when traveling and the best part is I figured out my food issue causing the weight gain and have dropped 9lbs. Highly recommended!

Great book! I recommend it to all my women friends 35+.I followed the 21 days to the letter and had more intense than usual hormonal symptoms throughout, including lots more hot flashes, 2 periods, terrible moodiness, intense fatigue, and more, but near the end, everything settled and I feel really great since. However, I did not lose 1 ounce of my 20# of extra weight... Perhaps some people need to do the 21 days more than once to get all the potential benefits?

The diet is a little complex with a lot of information to try and sort out. I love her community cookbook that I got beforehand. If I didn't join the online community I would be very confused and lost. I am really digging the diet though, but I'm in a place where I can really commit to it, which is what I think you need to do to get the most out of it. I also love all my new gadgets that I have to test myself with (glucose meter ,ph strips, sleep tracker app, pedometer,fat measuring thingie) I feel like I've got more of an edge and more insight to what is happening to my body. I'm on day 5 and I have already lost 2 inches from my waist and 1 from hips plus lost 5 lbs. may not seem like a lot but it's very hard for me to lose any weight so I'm excited to measure at the end and see more results! I

also love the Asian chicken salad recipe ,curry chicken in a hurry and the brownie recipe made with sweet potatoes!!

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