



# The Hormone Makeover

*Donna White*

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## **The Hormone Makeover** Donna White

Makeovers of all kinds are very popular-everything from our bodies, our finances and careers. Many women need a hormone makeover. Since every single cell in a woman's body is influenced by hormones, if there is an excess or deficiency most likely the results will be symptoms such as: Hot Flashes, PMS, Menopausal Symptoms Depression, Anxiety, Weight Gain, Insomnia, Bone Loss, Headaches, Low Sex Drive and Fatigue... These symptoms affect women physically, mentally, emotionally and even spiritually. In *The Hormone Makeover-The 7 Steps to Transform Your Life with Bioidentical Hormones*, Donna White makes sense of the options available to women and presents precise action steps to address hormonal imbalance. Women will learn:

- If their symptoms are related to hormone imbalance
- Differences between synthetic, bioidentical hormones and herbal therapies
- What each hormone does in the body
- Symptoms of each hormone deficiency
- How to find and work with a physician
- How to use bioidentical hormones and supplements to address hormone imbalance
- Specific protocols for bone loss, PMS, hot flashes, depression and insomnia

"Donna is one of the most knowledgeable and personable experts I know in the area of bioidentical hormones." Julius Torelli, MD FACC "She has been able to effectively apply her vast knowledge in a way that is adaptable to each individual reflecting the true art of medicine at its finest." Larry Webster, MD "Through Christian voice, research, personal experience and extensive clinical experience, Donna White triumphs." K. Andre' Sloan, RPh, MBA "...the message and education she delivers has changed the lives of many through her passion for helping women achieve natural hormone balance." Matt Monroe, President, Peoplesway Donna White, BHRT Clinical Education Consultant, conference speaker and author, has trained dozens of physicians in BHRT and assisted in the care of thousands of women.

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