

Scarica libri The Happy Hormone Guide: A Plant-Based Program to Balance Hormones, Increase Energy, & Reduce PMS Symptoms

By Shannon Leparski



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In *The Happy Hormone Guide*, certified hormone specialist Shannon Leparski presents a comprehensive, plant-based lifestyle program to help women balance their hormones, increase energy, and reduce PMS symptoms. After struggling for years with acne, oily skin and hair, debilitating cramps, mood swings, brain fog, intense cravings, insomnia, bloating, and weight gain before her period, author Shannon Leparski developed the Happy Hormone Method through extensive research. Her life changed for the better and Shannon made it her mission to combat hormone imbalance and promote women's health. *The Happy Hormone Guide* includes comprehensive, phase-specific (menstrual, follicular, ovulatory, and luteal) guidance including: * Changes in fertility, libido, and basal body temperature* Beneficial foods, micronutrients, and supplements* Phase-specific recipes to support hormone balance* Common changes to mood and energy levels* Exercise tips suitable to different times of

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