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Titolo	The Hormone Diet : A 3-Step Program to Help You Lose Weight, Gain Strength, and Live Younger Longer
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ISBN	1-60529-100-5
Descrizione fisica	1 online resource (339 pages)
Disciplina	615.5/35
Soggetti	Reducing diets--Popular works
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	Outlines a three-step program designed to correct hormonal imbalances for potential health benefits, explaining how to identify problem areas in order to address such challenges as weight gain, insomnia, and mood disorders.