

The book was found

The Supercharged Hormone Diet: A 30-Day Accelerated Plan To Lose Weight, Restore Metabolism, And Feel Younger Longer

THE **SUPER-CHARGED** HORMONE DIET

A **30-DAY** Accelerated Plan
to Lose Weight,
Restore Metabolism
& **Feel Younger Longer**

DR. NATASHA TURNER
Naturopathic Doctor
Author of *The Hormone Diet* and
The Carb Sensitivity Program



Synopsis

In this busy world, we want to lose weight sooner and faster. The Hormone Diet taught readers the ins and outs of how and why their hormones play the biggest part in their weight-loss woes. Now, in The Supercharged Hormone Diet, Dr. Natasha Turner gives readers the information they need to get their hormones back on track--in 30 days flat. This highly praised plan addresses readers' most popular concerns in a fabulous, easy-to-follow program that includes: The Best Body Assessment for setting your goals The Hormonal Health Profile to identify fat-packing hormonal imbalances Recommended blood tests to take to your doctor Suggested supplements to aid fat burning and restore optimal health Hormone Diet-friendly food lists, weekly meal plans, and a handy grocery guide

Book Information

File Size: 1317 KB

Print Length: 384 pages

Publisher: Rodale (December 24, 2013)

Publication Date: December 24, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00DVF1550

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #149,592 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

#39 inÂ Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Naturopathy

#153 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

Customer Reviews

I came across this book after hours of research. I am 32 years old and have endometriosis. After my second child was born I had been having a hard time losing weight-it was coming off but very slowly. I was also exhausted, cranky, and many other things that endometriosis brings on. Knowing all that I know about having this disease is that it causes various hormone imbalances. I am a firm

believer in using diet to regulate and that is how I found this book. I started 3 weeks ago and I noticed immediate changes. I lost 6 lbs and only now have 3 to go to make it to my pre-baby weight, although I have to say that is just the added bonus. I feel so much better, I can get out of bed in the morning without feeling sluggish and I am not nearly as moody. I definitely recommend this book to people with any of the hormone imbalances that Natasha talks about. Endometriosis is something I'll have for the next 20 years and I feel like I've found a way to manage it.

This was her second book. Her first one was better and this one was just okay. It offered the same information and some more details. I don't think you need two of her books on the same subject. But either one would stand alone and suffice.

I bought this book at the same time I purchased the kindle version of Dr. Turner's book: "The Carb Sensitivity Program".....which is her latest book. I recommend her newer book, because the information in her previous books are duplicated in "The Carb Sensitivity" book, and she has new information: a very easy to follow eating guideline that is suitable for everyone at all stages of insulin resistance.

Like many women over 50 I have had a hard time losing weight especially around the belly. I workout out at least 4 times a week and don't eat gluten but it was not coming off. I saw her on Dr Oz show and decided to give it a try. It helps if your partner does it with you. The recipes are easy to follow and can make adjustments with the weekly menu. I didn't like some of the recipes and wish for some more variety coming into week 4. I have looked at her website for more but some of them are not to my liking. Overall I have lost 15 lbs in 3 weeks going into week 4 now. My husband has lost 20 lbs. I still crave sweets but not missing caffeine or wheat but the wheat was easy part since it makes me sick anyway.

This book has changed my life! I have been applying the diet and the approach to healthy lifestyle and am down over 10 pounds in 14 days! I feel great. I would highly recommend this book to anyone but particularly if you suffer from any of the symptoms of PCOS.

I don't know what I like best about this diet -- that I've lost some weight or that it makes me feel fantastic, both physically and mentally! Although it takes a bit of effort to get the hang of it as at first it seems so complicated, once you do, it's really quite easy to follow as long as you are willing to

make some drastic changes in your eating habits. The good news is, once you do, you will find you do not crave the foods you've given up. In all honesty, I have not completely followed all the recommendations in the book. I do not follow the sleep schedule, nor do I take all the supplements, which might be why my weight loss is slow (about 1.5 pounds a week). but with that said, the results are nonetheless amazing. Within the first week my mood and motivation skyrocketed. fatigue and general aches and pains were gone. It has been four weeks now and it just gets better and better in the energy department. The greatest drawback is that some of the food is hard to find and, when found, rather expensive. This book is good for those who are willing to make major dietary changes in order to lose weight and feel great. However, for those who are not willing to give up their coffee, artificial sweeteners, diet sodas and processed foods, it might not be for you.

Goes into detail on every level, inspires, and is easy to follow. Not only to lose weight, but to live a new lifestyle. Mine is underlined, bookmarked, and used everyday!

There are several different chemicals that are listed in the foods we eat that cause different things to happen hormonally, that I had not considered. Looking to start using her steps to help get mine under control! Glad I got the book!

[Download to continue reading...](#)

The Supercharged Hormone Diet: A 30-Day Accelerated Plan to Lose Weight, Restore Metabolism, and Feel Younger Longer Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins

Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet, diabetes, reverse type 2, atkins) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners)

[Dmca](#)