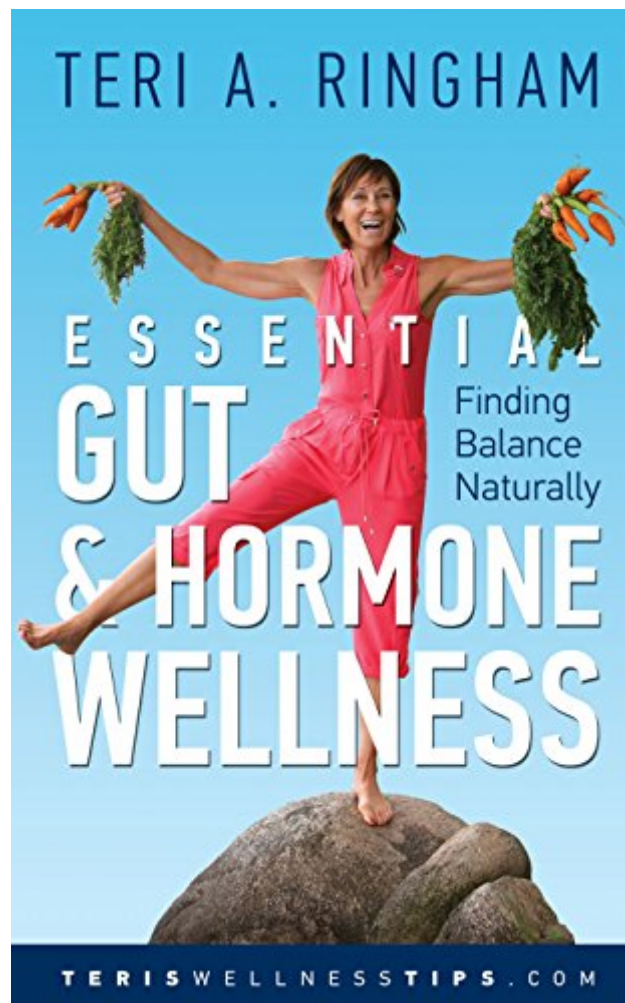




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Essential Gut & Hormone Wellness: Finding Balance Naturally



Synopsis

THE PERFECT STORM...Chemicals in our food and personal care products that disrupt hormones and damage gut lining A medical system that treats our symptoms with meds, injections, and surgeries, rather than educating us on the root cause of our health issues The result is a perfect storm brewing within our bodies that ultimately results in physical and mental health conditions. In our society, poor health and daily meds are so common that we have come to accept sick as normal. Sick is NOT normal. In Gut & Hormone Wellness, Teri Ringham speaks in a way that helps us "get it" with a simple, logical plan that identifies where to start to guide us back to wellness. You'll read why focusing on gut health and our master hormone is vital to our beginning steps toward wellness. Whether you are a little sick or a lotta sick, this book is for you. We can never doubt the human body's ability to adapt, to compensate, to heal...to get back on track. Avoid the perfect storm for your body and your health. Experience the joy of taking control as you not only see, but FEEL, the changes in your body's response to proper care. Experience your NEW NORMAL--to feel empowered, to live with energy, to heal, to have good health! For essential oils users: After the recommended lifestyle changes listed within bring you above the wellness line, Teri includes an appendix listing her favorite oils and supplements to further support your wellness.

TESTIMONIALS I'm expecting in December! Going from doctors telling me I would need to take a list of synthetic hormones to even try to get pregnant, to a three-month natural regime fixing my hormone issues is amazing! I can't thank you enough! -- Kelly SI know your heart is healthy lives for everyone. I'm so thankful to Jesus for you and your knowledge. I stopped my thyroid medication eight months ago and had my blood drawn yesterday--all three levels were perfect. I'm so happy--no more drugs. Gosh I'm blessed to have you in my life. Thanks, Teri! -- Luanna LIt's been about 2 years of minimal to no symptoms from my endo. I consider myself healed at this point. I was shopping last month during day one of my cycle. I consider that an incredible miracle! Keep doing what you are doing! -- Amber S

Book Information

File Size: 972 KB

Print Length: 410 pages

Publication Date: June 20, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01H2VM4VM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #284,466 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #50

in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Fertility #129

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #602 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health

Customer Reviews

This book is absolutely fantastic!! If you are looking to change your lifestyle, and need some direction, this book is a great place to start! Teri does a wonderful job of explaining everything very simply and gives clear & concise directions on how to proceed. Having two autoimmune diseases, I know I have to make some lifestyle changes, and Teri's book provided me with great education and tools to start healing my body.

This Essential Gut and Hormone Wellness book was clearly one of the most helpful and encouraging books that I have read on this topic. It was clearly written with passion and from someone who knows first hand and has lived through these issues. I have used this book as a reference tool and have referred it to so many friends and family. You will not be disappointed in the content and will definitely be inspired to make changes in your life and lifestyle!

This is an awesome book! Very simple and easy to understand on something so complex. It covers so many areas and I have gone back many times to reference and look things up, I even started marking pages to find info quickly. If you want to learn how to improve your life through better gut health, start with this book, it will teach you everything you have ever needed to learn.

Great book to acknowledge how we can be in charge of our health overall no matter if is GI issues or Hormones or any other thing caused by stress, just by consciously taking care of our guts & leave a healthy happy life.

Great book! Highly recommended! I have been experiencing health issues and after reading this

and implementing the changes suggested in this book my body is functioning normally again!!

I LOVE this book!!!! It is language I can understand and VERY helpful on so many issues that are facing our young women today. I would give this book to every mother that has a daughter or a granddaughter.

I just bought it and could not put it down, very easy read of very important information. Definitely recommended as a go to, if want to start healthy habits and find balance naturally.

This book is easy ready and full of great information. Loved it!

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Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Essential Gut & Hormone Wellness: Finding Balance Naturally Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Hormone Reset Diet: The Ultimate Cure to Balance Your Hormones and Lose Weight (Hormone Therapy, Hormone Cure, Hormone Secret) Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) Hormone Balance for Men: What your doctor may not tell you about prostate health and natural hormone supplementation. Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1) The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more The Gut Balance Revolution: Complete Digestive Health Program for a Healthy and Clean Gut (Abdominal Health Book 6) The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized

Naturally with the Gottfried Protocol The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol Adrenal Reset Diet: 51 Days of Powerful Adrenal Diet Recipes to Cure Adrenal Fatigue, Balance Hormone, Relieve Stress and Lose Weight Naturally Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science The Essential Handbook to a Healthy Gut: How a Leaky Gut Impacts Your Entire Body and How to Make It Healthy Once Again Dr. John Lee's Hormone Balance Made Simple: The Essential How-to Guide to Symptoms, Dosage, Timing, and More Essential Oils For Beginners: Essential Oils For Weight Loss: Essential Oils Natural Remedies: Essential Oils Summer And Winter Recipes: Nature's Best Kept Secret For Weight Loss And Balance Health

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