



[DOWNLOAD](#)



## Hormone Balance: How to Reclaim Hormone Balance, Sex Drive, Sleep Lose Weight Now (Paperback)

By The Blokehead

Blurb, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hormones are chemicals secreted into the blood from glands, such as the pituitary and adrenal glands. They work as part of a complex network, referred to as the endocrine system. The endocrine and nervous systems work together to form the control systems of the body. A balanced hormonal system is able to correctly govern growth, sleep cycle, mood, immune system, metabolism, hunger, sexual arousal and fertility, among other things. Hormones prepare your body for both immediate and long-term changes. From sending a flight-or-fight signal during an emergency, to initiating the physical changes of puberty or menopause, hormones are the messengers of our chemical communication system. Understanding hormones helps us to identify symptoms of an imbalanced system, and take appropriate actions to address the problem. Grab the book to discover more!.



[READ ONLINE](#)

[ 6.05 MB ]

### Reviews

*This pdf is really gripping and fascinating. It is actually full of knowledge and wisdom I am just delighted to tell you that this is the very best pdf i have got study during my very own daily life and might be the finest pdf for actually.*

-- Ms. Althea Kassulke DDS

*This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).*

-- Claud Schaden