



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

By The Blokehead

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*****.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!.



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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 he 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**