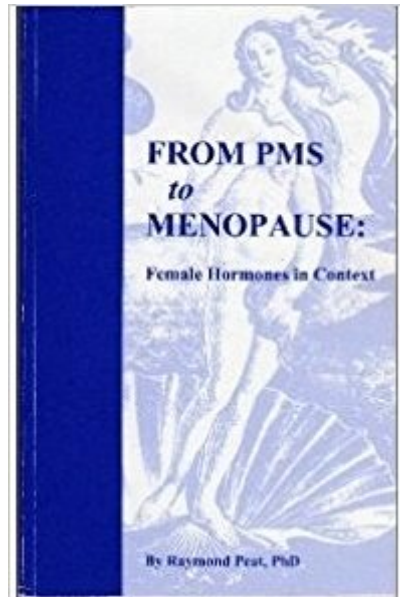




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From PMS To Menopause: Female Hormones In Context



Synopsis

This is an AWESOME resource that every woman should have. At times, Dr. Raymond Peat's writing is a little advanced, but stick with it. Everything will be explained in lay terms and real life application.

Book Information

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Customer Reviews

This is an AWESOME resource that every woman should have. At times, Dr. Raymond Peat's writing is a little advanced, but stick with it. Everything will be explained in lay terms and real life application.

The primer and textbook on understanding hormones, what they are, what they are made from. Not just for women. Also, unless you cannot wait, order from his website when the current book orders are filled. He's finally become well known and his book order page is down for the time being. Check back often. raypeat dot com Until then, read the articles at his website. Many are from this book.

This is an AWESOME resource that every woman should have. At times, Dr. Raymond Peat's writing is a little advanced, but stick with it. Everything will be explained in lay terms and real life application. While I feel the information is worth every penny of \$40 - \$90, you can purchase the book directly from Dr. Peat for \$15. I suggest a subscription to his bi-monthly newsletter as well.

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