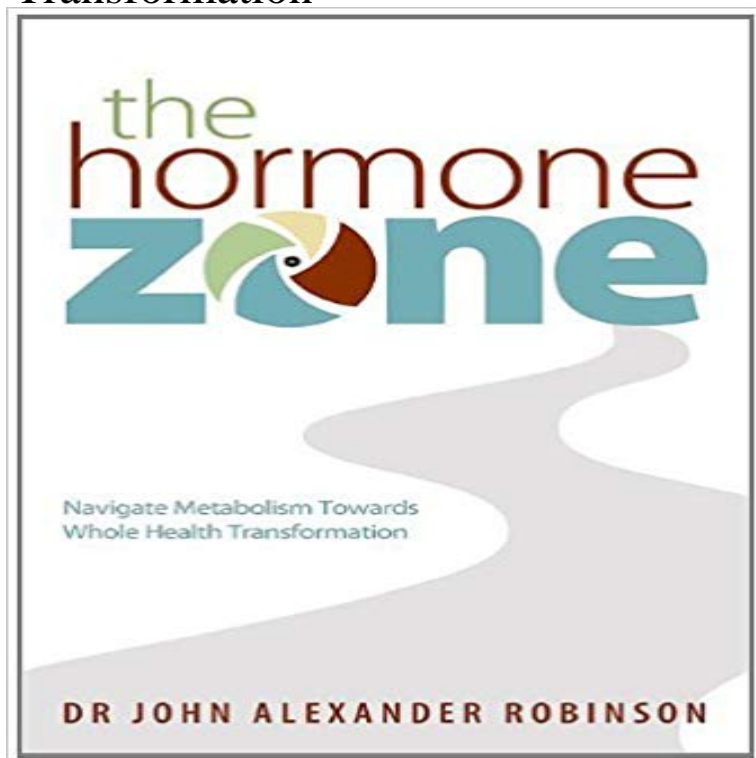


The Hormone Zone: Navigate Metabolism Towards Whole Health Transformation



In The Hormone Zone, Dr. John Robinson has created a complex, yet readable guide to health that everyone who wants to be more knowledgeable about how to better their health can benefit. Dr. Robinson expertly describes the various hormones in our bodies and their impact on our overall health. Not only does The Hormone Zone contain scientific and medical explanations and descriptions of the hormones our health depends on, it also gives the reader assorted treatment plans that anyone can do on their own to gain balance in their bodies. The Hormone Zone is unique in that Dr. Robinson does not focus solely on conventional medicine, but encourages people to seek out whatever form of medicine will be beneficial to them. He believes in addressing not just the physical body, but the psychological, spiritual, and nutritional aspects of a person as well. Come alongside Dr. Robinson as he guides you through the systems of the body and gives you his wisdom and advice on how to live a healthy lifestyle.

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