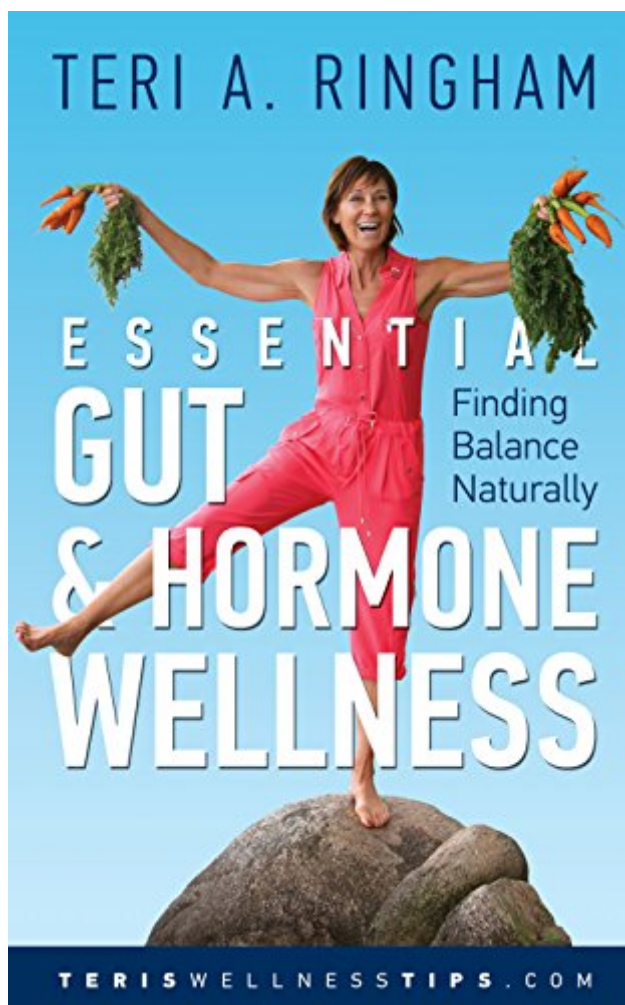


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# Essential Gut & Hormone Wellness: Finding Balance Naturally



## 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 S I 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 L It'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

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## 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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