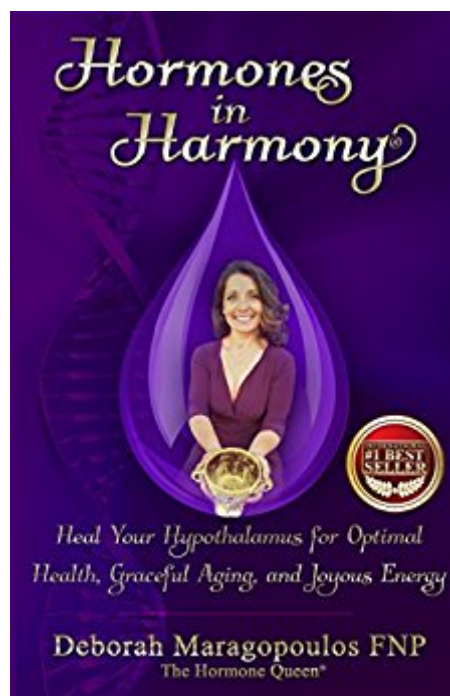




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# Hormones In Harmony: Heal Your Hypothalamus For Optimal Health, Graceful Aging, And Joyous Energy



## Synopsis

Hormones Sing & DNA Dances. Your Hypothalamus is the maestro of your entire symphony of hormones, neurotransmitters, and immune factors. Your neuro-immune-endocrine system controls your moods, your memory, your sleep, your energy, your metabolism, your vulnerability to disease including cancer and autoimmunity, your digestion, your detoxification, your aging process. Whether you are in puberty or approaching the pause, either male or female, your health and well-being is determined by your hormonal balance. If you're not dancing in perfect health, your hormones are out of tune. Why tune up each instrument, when you can support the maestro and heal everything? If you've tried every diet, every lifestyle change, every meditation, every supplement and still aren't experiencing optimal health, this is the book you need!

Hormones in Harmony® shows you how to balance Your Hypothalamus naturally to heal Your Body, Mind, and Soul! Intuitive Integrative Family Nurse Practitioner, Deborah Maragopoulos FNP, blends the Art of Healing with the Science of Medicine to uncover the root of your health problems and help you tap into your innate ability to heal. All Book Sales Support the non-profit Divine Daughters Unite

## Book Information

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## Customer Reviews

I read this book twice because I wanted to have a real and deep understanding of the information. I have hormonal and thyroid issues. I've seen 3 functional medicine doctors, one naturopathic doctor and listened and viewed countless webinars on the areas of hormonal imbalance and hypothyroidism. I have worked in the pharmaceutical and biotech world for decades, so believe me when I say I ask the doctors the tough questions regarding the science and the supporting data. I have also spent hundreds of hours reading and researching scientific data and peer reviewed literature. NOBODY Ever talks about the hypothalamus and its role in ALL hormones. Everyone talks about the hormones and organs down stream of it. Everyone wants you to buy their supplements for one of the "pieces" of The ailment ( adrenal, thyroid, female/ male hormones, gut dysbiosis, nutrient deficiencies). I'm not bothered by this author incorporating the role of her product. I've gotten no where with other therapies( I've tried them all). After 2 weeks of taking her products I started noticing differences in my health. I also ordered for my daughter who suffers from severe adrenal fatigue after years of major stress getting a biology degree to prepare for Vet school. If nothing else read this book to educate yourselves.

Buy this wonderful book. It is worth it. This book is not just for women or someone with a medical background who may be familiar with every word used in describing our anatomy and physiology. I am neither and I have read this book twice so far and enjoyed it both times. As with any good book, I got more out of it the second time and am sure I will get more out of it with each future reading. Yes, I will read it again. This is more than an interesting, well-written, informative, sometimes humorous story about what we are, how our body works, and how to get it to work better. This is also a story about who we are. It is a story about our spiritual nature and how important it is to tap into it to help our healing process. It is a story about an intuitive, integrative healer and her family and how she became who she is today. It is a story about having hope when the western medical model has failed you. I have read many good books in this genre and this is one of my favorites. Deborah Maragopoulos has developed a nutritional product to help her patients that she talks about. She could not tell the healing stories without mentioning it. I think it is great that she did

the work necessary to develop this product and I am grateful that she has made it available to me. If only more healers were so dedicated. If you are ready; read this book.

Deb has a different take on things. It's a fantastic book for anyone with suspected hormone issues, or not feeling well or middle-aged anyone. Very readable with great stories. For those who complain that she mentions her product--There is a reason she touts the improvements people have with her Genesis Gold product: it's a great product that gets to the root of so many imbalances that we think are just "normal" as we age. I took Genesis Gold as directed and slept like a rock for the first week, something I hadn't done in years. I've taken her product for about 4 weeks so far and I can feel my hormone systems getting stronger: more sleep, less night sweating, much less anxious and more laid-back (unexpected but welcome), nerves feel stronger, my brain feels more clear and sharp. Sounds crazy, but all true. I have an appetite for my goals again. Seriously, a great book and super product.-----8 week update-----Because of the few folks who are skeptical about Deborah's intentions behind the writing of this book, I'm doing a brief update on my status after taking her product for 8 weeks. I am sleeping through the night regularly (haven't done this for about 15 years); I can now tolerate and integrate small portions of foods that usually cause me distress, like sugar and caffeine and alcohol -- so I know my adrenal system is getting stronger; I am much more calm, relaxed and focused; I don't have hot flashes or night sweats hardly ever now-I don't have that "stressful" feeling you get when they start; I'm much less irritated by things and feel pretty happy most of the time. It feels like my body, mind and spirit are aligning again. I'm so thankful. Genesis Gold is absolutely worth the price and I'm really happy there is a book written explaining how and why I feel so much better now!!

I have been friends with Deborah for 10 years and I had no idea the amazing work she does. I highly recommend this book as a read for anyone man or woman. Thank you for being so transparent Deborah in your book and sharing your healing, health, and Medical knowledge with us. I look forward to working with you on my personal health and my husband's.

Loved, Loved this book!!!!!! I couldn't put it down, finished it in one day!!!! Her way of healing has always made sense to me, compared to doctors and their drugs.....I also have been taking Genesis Gold for a few years and never felt better! Thanks again Deborah for your wisdom....

If you are going to read any book about your health, especially about your health as you age, this is

the book to read. Beautifully written with real case examples and the author's own personal experiences, this book distills complicated health language into easily understood information. Deborah is an intuitive and compassionate health practitioner with a deep and vast knowledge of both Eastern and Western medicine. Her story will move you and her healing abilities, even through her words, will empower you to think bigger and improve your health through holistic methods beyond traditional medicine. I highly recommend this book.

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