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Dr. Susan Lark's Hormone Revolution

Susan M. Lark M.D., Kimberly Day

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For the first time ever, Susan Lark, MD shares a revolutionary new way to restore and balance your hormones and heal the most troubling hormone-related conditions. Based on more than three decades of research, education, and clinical experience, Dr. Lark s groundbreaking book helps you identify your personal hormonal profile. Never before have these hormone types been identified. She then reveals the most effective and proven natural therapies that work best to restore and balance your unique hormonal blueprint.

In *Hormone Revolution*, Dr. Lark shares breakthrough treatments including advanced nutrients, customized food plans, natural hormone substitutes, and energy medicine techniques to restore healthy hormones. You'll discover how to:
End hot flashes and night sweats
Outsmart heart disease and breast cancer
Free yourself from insomnia
Identify hidden hormonal symptoms
Conquer PMS and fibroids
Maintain the five key sex hormones

Written with compassion and trusted authority, *Hormone Revolution* leads you by the hand through a journey of discovery to a new life of vibrant health.

You will feel better than you have in years, with dramatically increased energy and vitality, improved mood, a healthy weight, restored sex drive, and so much more!

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