



# **HORMONE RESET DIET: HOW TO CHANGE YOUR DIET TO LOSE WEIGHT, SLEEP BETTER, AND HAVE MORE SEX**

*Carmen Kennedy*

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## **HORMONE RESET DIET: HOW TO CHANGE YOUR DIET TO LOSE WEIGHT, SLEEP BETTER, AND HAVE MORE SEX** Carmen Kennedy

A comprehensive guide to understanding hormone imbalance. The Hormone Reset Diet helps you lose weight fast, feel less stressed and have better sex. This weight loss program will become your way of life easily and it does not require diet pills. If you implement the weight loss tips in this book you will lose weight fast. But not only that by adjusting your hormonal balance you can increase your metabolism and improve yourself overall. You can cure that insomnia and increase your female desire. When you follow the Hormone Reset Diet which is based on scientific research you can reset the way your hormones work to make them more efficient and also by repairing and growing new hormones. I hope you enjoy the book. There will be a special announcement in the back of the book.

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