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thyroid hormones fixed, or their estrogen back in balance. But certain hormones are trickier to wrangle, like insulin, leptin, and that rascal, cortisol, the main stress hormone.

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also reset my hormones â€” some fast, some rather slowly. Among the smart people who work with me online or in my integrative medical practice, many struggle to get their thyroid hormones fxd, or their ... Is it a new diet? A shiny new supplement? Different exercise? The answer is D: None of the above.

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But when you develop resistance to your seven major metabolic hormonesâ€™”cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogenâ€™”your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism.

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know exactly what foods to buy for optimal health and hormones! In The Hormone Reset Diet, youâ€™™ learn how to reset your hormones, master your metabolism, shrink your waistline, and detoxify.

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