

Many women struggle to lose weight as they grow older. Unlike many men their age, they may also suffer from sleep problems, osteoporosis, and depression. Women may even feel like they age less slowly and gracefully than their male counterparts. Dr. Tami Meraglia knows that the magic word here is testosterone. While there is ample discussion in the medical community about the effects of estrogen loss, few people are aware of the importance of sufficient testosterone levels in women. A healthy dosage helps women slim down, improves their mood, lowers the risk of cardiac disease, increases energy and libido, prevents osteoporosis, enhances skin tone and texture, and may even prevent cognitive decline-yet more than ninety percent of women over age forty-five suffer from low testosterone levels. In *The Hormone Secret*, Meraglia offers an evidence-based thirty-day plan to restore healthy levels of testosterone and balance the relative levels of other hormones, based on lifestyle modifications such as supplements and nutritional adjustments. She also offers her Mediterranean diet-based meal plan and low-impact exercise ideas that will immediately boost your energy. With cutting-edge research and strong scientific evidence to support Meraglias thirty-day plan, *The Hormone Secret* gives you all the information you need to balance your hormones and improve your vitality for a strong and healthy life.

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