

YOUR BODY IN BALANCE

NEAL D. BARNARD, MD, FACC

READ BY TIMOTHY PABON

Hidden in everyday foods are the causes of a surprising range of health problems: infertility, weight gain, breast and prostate cancer, thyroid problems, low moods, and hot flashes.

All of these conditions have one thing in common: They are fueled by hormones.

You have the power to change your hormones through the food choices you make. And by choosing hormone-adjusting foods, you can revolutionize your health.

Neal Barnard, MD, a leading authority on nutrition and health, shows how to apply these findings to a broad range of conditions, from infertility and endometriosis to erectile dysfunction and prostate cancer, and illustrates them with real-life successes. YOUR BODY IN BALANCE provides step-by-step guidance for understanding what's at the root of your suffering, and provides a practical plan for feeling better fast. Certain foods cause your body to produce more hormones. Others cause you to eliminate them. You need to know which are which. Going straight to the heart of your personal needs, this breakthrough audiobook explains the latest research and offers a new approach to treating, preventing, and even curing many of the most common and persistent health problems.

Few people realize that a simple food prescription can gently restore hormone balance, with benefits rivaling medications. This groundbreaking guide gives new hope to people struggling with health issues, and its strategic dietary plan has already enabled thousands of people to reclaim their health. Whether you're looking to treat a specific ailment or are in search of better overall health, Dr. Neal Barnard has an easy pathway for you toward pain relief, weight control, and a lifetime of good health.

NEAL D. BARNARD, MD, FACC, is a faculty member of the George Washington University School of Medicine and president of the Physicians Committee for Responsible Medicine. His groundbreaking research has revolutionized the approach to type 2 diabetes, chronic weight problems, menstrual symptoms, and other common conditions. Dr. Barnard is editor-in-chief of the *Nutrition Guide for Clinicians*, a nutrition textbook given to all second-year medical students in the United States. He is the *New York Times* bestselling author of *Dr. Neal Barnard's Program for Reversing Diabetes*, *The 21-Day Weight-Loss Kickstart*, and most recently *The Vegan Starter Kit*, among many others.



Playing time: 7.5 hrs • Unabridged

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*The
New Science of
Food, Hormones,
and Health*

YOUR BODY IN BALANCE
NEAL D. BARNARD, MD, FACC
WITH MENUS & RECIPES BY LINDSAY S. NIXON


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