

The Approachable Guide to Gaining Control of Your Health

Take back your health and feel like yourself again with this groundbreaking guide from Dr. Greg Mongeon, who uncovers and addresses the root causes behind hormone chaos.

Drawing from his two decades of experience working with patients and evaluating thousands of lab results, Dr. Greg delves into the deep-rooted details of perimenopause. You'll learn how your hormones interact and change, what testing you should seek out, how to interpret those results, and the why behind it all. Once you have a grasp on the foundation, you'll find an action plan and keys for longterm success, complete with micro-adjustments to personalize your plan because Dr. Greg understands that treatment plans are not one-size-fits-all.

Whether you're feeling lost, frustrated, or simply curious about what to expect, this candid guide will meet you where you're at and deliver all the support and information you need to be your own biggest advocate and fully heal.

Dr. Greg Mongeon is the founder of Dr. Greg-Functional Medicine and the creator of @drgreghealth, where he empowers patients to take their health into their own hands. He lives in Lakeville, Minnesota, with his family.

Read by Eric Burgher and Marni Penning

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The Playaway format is recommended for children ages 5 and up.



AUDIO

POWER OVER PERIMENOPAUSE

Dr. Greg Mongeon

Adult



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