



Hormone Imbalance: The Mysterious Illness

Miriam L. Brazel

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In plain, easy to understand language, Miriam Brazel shares what she has learned about the mysterious illness referred to as hormone imbalance. Miriam Brazel grew up the eldest daughter in a family of five girls with one brother. Early on she was interested in the dynamics of women's health--first stimulated by stories her mother told, and then by her own experiences and observations as she and her sisters matured. Miriam's search for answers to her own health issues, as well as those of women in her family and among her friends, led her to study the research of Dr. Katharina Dalton, Dr. Ray Peat, Dr. John R. Lee, and others. Their explanations of the role of hormones in women's emotional and physical health and the problem of hormone imbalance "rang true." As she observed the radical changes in women who used natural progesterone to balance their hormone levels, she shared this information with other women, and soon she was repeatedly asked to write down what she had learned. Dr. Lee often declared that the way this information would be shared was "woman to woman." This book is the result of that effort--one woman sharing the discoveries she made in "researching the research."

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