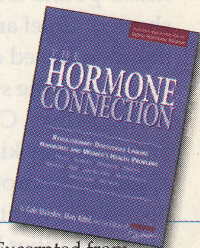


Turn On Your WEIGHT LOSS Hormones!

WHETHER IT'S YOUR PERIOD, menopause, stress, a hysterectomy, or plain old heredity, women have felt vulnerable to hormonal cravings and sluggish metabolisms for years, with little to prove it but instinct. Now science is uncovering several bona fide links between women's hormones, hunger, and fat metabolism. And in fact, preliminary evidence suggests that **taking advantage of hormones—mechanisms that are already in place in your molecular biology—may help you to manage your weight, shape, and appetite.**

What follows is a hormone-harmonizing plan, based on the latest data, which may be worth trying if you've had trouble trimming down in the past. Each week, you'll learn a new way to keep the levels of "snacking" hormones from inching up into the danger zone or to encourage the levels of "feel-good"



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