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*Laura Bennett*

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That might be the question running in your mind currently. Just so you know, hormones are the ones responsible for keeping your body’s ability to combat stress, gain fat or muscles and keep them all at an optimal level. What you don’t know is restoring hormones would help you to boost metabolism and lose weight.
This book contains proven steps and strategies on how to reset and balance your hormones. In this book, we will reveal what hormone reset really is and check the facts about it. Sounds new to you? Do not worry, we will tackle its effectiveness!

## Here is what we cover in the book...

- CKK (Cholecystokinin)
- —Ghrelin
- Insulin
- Leptin
- Irisin
- Thyroid
- Estrogen

# Here Is A Preview Of What You'll Learn Inside...

- What is Hormone Reset Diet
- Veiled Secrets to Make Hormone Reset Diet Effective
- Vital Factors to Restore Hormone Balances
- How to Supercharge Metabolism
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