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*Sindi J Holmlund*

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*Sindi J Holmlund*

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Reviews: ByRobynleeon April 8, 2015 This booklet answered so many questions for me. I knew there was something wrong with my hormones but was confused about it. I had been on the internet and read many things. After I read the book I felt like I knew where to start and that there was hope. I immediately contacted Sindi and got the hormones creams and my life has been better and better. I recommended the book and creams to my sister and she told me that this is the only thing that has worked to help her with her health. Before I had no solution and now that my hormones are doing better I am calmer, have more energy, sleep better, have started kayaking and working out. I seem to be going backwards towards my youth. I have just turned 50 and feel better than I did in my 30s. Read it and try it. Thank you Sindi By K. E. Kingon April 7, 2015 This booklet gives you vital information about your hormones and how to make adjustments to their decrease as you age. It is comprehensive and contains information I didn't find elsewhere. This comes from a lady who knows her stuff and who has helped many women resolve the health problems that can arise due to hormonal problems. Often these problems are assigned other causes or no cause at all. By Z Ladyon April 10, 2015 I've been recommending this booklet to family, friends and acquaintances for many years (since 2004, when I was in my forties). By this pamphlet, Sindi introduced me to the the world of balanced hormones, for which I am thankful to THIS very day !! I just wish I had read it back in my twenties or thirties. It would have helped me deal with heavy periods, etc. By the author: Your hormones don't start changing around 50 years old, they start changing about 6 years of age. From 6-18 (puberty) they rise. At the end of puberty they start their decent which continues until around 55-60. This book explains the reason for the, over 115 symptoms associated with that decline. Look inside for a list of many of those symptoms, and read the book to find out why they happen and what to do about them.

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**Sylvia Silva:**

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