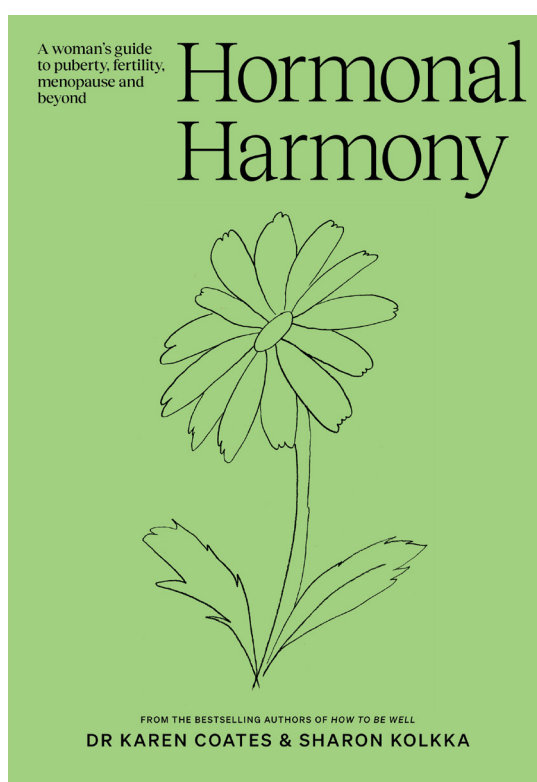


Supplementary information for
Hormonal Harmony by
Dr Karen Coates and Sharon Kolkka



SIMON &
SCHUSTER

Disclaimer

Hormonal Harmony offers information based on current medical knowledge, research and the clinical experience of the authors. It is intended to support, not replace, the relationship between you and your healthcare provider.

Every woman is unique, and hormonal health is influenced by many factors—including age, genetics, environment and lifestyle. The information in this book is general in nature and not a substitute for personalised medical advice, diagnosis or treatment.

Always consult a qualified health practitioner before making changes to your medications, hormones, supplements or health care routines.

While every effort has been made to ensure accuracy, the authors and publishers accept no liability for any loss, injury or harm incurred as a result of the use or misuse of the material provided.

Your body is your own best guide—listen to it, ask questions, and work with professionals who respect your journey.

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PART THREE

Mastering Women's Unique Health Challenges

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PART FOUR

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