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# The Supercharged Hormone Diet: A 30-Day Accelerated Plan To Lose Weight, Restore Metabolism, And Feel Younger Longer

## THE **SUPER-CHARGED** HORMONE DIET

A **30-DAY** Accelerated Plan  
to Lose Weight,  
Restore Metabolism  
& **Feel Younger Longer**

**DR. NATASHA TURNER**  
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Author of *The Hormone Diet* and  
*The Carb Sensitivity Program*



## Synopsis

In this busy world, we want to lose weight sooner and faster. The Hormone Diet taught readers the ins and outs of how and why their hormones play the biggest part in their weight-loss woes. Now, in The Supercharged Hormone Diet, Dr. Natasha Turner gives readers the information they need to get their hormones back on track--in 30 days flat. This highly praised plan addresses readers' most popular concerns in a fabulous, easy-to-follow program that includes: The Best Body Assessment for setting your goals The Hormonal Health Profile to identify fat-packing hormonal imbalances Recommended blood tests to take to your doctor Suggested supplements to aid fat burning and restore optimal health Hormone Diet-friendly food lists, weekly meal plans, and a handy grocery guide

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## Customer Reviews

I came across this book after hours of research. I am 32 years old and have endometriosis. After my second child was born I had been having a hard time losing weight-it was coming off but very slowly. I was also exhausted, cranky, and many other things that endometriosis brings on. Knowing all that I know about having this disease is that it causes various hormone imbalances. I am a firm

believer in using diet to regulate and that is how I found this book. I started 3 weeks ago and I noticed immediate changes. I lost 6 lbs and only now have 3 to go to make it to my pre-baby weight, although I have to say that is just the added bonus. I feel so much better, I can get out of bed in the morning without feeling sluggish and I am not nearly as moody. I definitely recommend this book to people with any of the hormone imbalances that Natasha talks about. Endometriosis is something I'll have for the next 20 years and I feel like I've found a way to manage it.

This was her second book. Her first one was better and this one was just okay. It offered the same information and some more details. I don't think you need two of her books on the same subject. But either one would stand alone and suffice.

I bought this book at the same time I purchased the kindle version of Dr. Turner's book: "The Carb Sensitivity Program".....which is her latest book. I recommend her newer book, because the information in her previous books are duplicated in "The Carb Sensitivity" book, and she has new information: a very easy to follow eating guideline that is suitable for everyone at all stages of insulin resistance.

Like many women over 50 I have had a hard time losing weight especially around the belly. I workout out at least 4 times a week and don't eat gluten but it was not coming off. I saw her on Dr Oz show and decided to give it a try. It helps if your partner does it with you. The recipes are easy to follow and can make adjustments with the weekly menu. I didn't like some of the recipes and wish for some more variety coming into week 4. I have looked at her website for more but some of them are not to my liking. Overall I have lost 15 lbs in 3 weeks going into week 4 now. My husband has lost 20 lbs. I still crave sweets but not missing caffeine or wheat but the wheat was easy part since it makes me sick anyway.

This book has changed my life! I have been applying the diet and the approach to healthy lifestyle and am down over 10 pounds in 14 days! I feel great. I would highly recommend this book to anyone but particularly if you suffer from any of the symptoms of PCOS.

I don't know what I like best about this diet -- that I've lost some weight or that it makes me feel fantastic, both physically and mentally! Although it takes a bit of effort to get the hang of it as at first it seems so complicated, once you do, it's really quite easy to follow as long as you are willing to

make some drastic changes in your eating habits. The good news is, once you do, you will find you do not crave the foods you've given up. In all honesty, I have not completely followed all the recommendations in the book. I do not follow the sleep schedule, nor do I take all the supplements, which might be why my weight loss is slow (about 1.5 pounds a week). but with that said, the results are nonetheless amazing. Within the first week my mood and motivation skyrocketed. fatigue and general aches and pains were gone. It has been four weeks now and it just gets better and better in the energy department. The greatest drawback is that some of the food is hard to find and, when found, rather expensive. This book is good for those who are willing to make major dietary changes in order to lose weight and feel great. However, for those who are not willing to give up their coffee, artificial sweeteners, diet sodas and processed foods, it might not be for you.

Goes into detail on every level, inspires, and is easy to follow. Not only to lose weight, but to live a new lifestyle. Mine is underlined, bookmarked, and used everyday!

There are several different chemicals that are listed in the foods we eat that cause different things to happen hormonally, that I had not considered. Looking to start using her steps to help get mine under control! Glad I got the book!

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