
Are you feeling fatigue, have low energy or just don't feel like yourself?
Do you crash in the afternoons despite adequate sleep at night?
Have you been to a doctor and they tell you nothing is wrong with you, but you know you are not feeling right?
Have you gained weight despite not changing your diet or exercise regimen?
Are you experiencing hair loss, sagging skin, and brittle nails?
Are you longing for more intimacy with your spouse?
Do you lack focus, strength and vitality you used to have?
Are you being treated for Lupus, arthritis, thyroiditis, or another autoimmune disease?
Do you feel like you are losing your mind or getting depressed for no apparent reason?

You may be suffering from symptoms of HORMONE IMBALANCE!

"I love that Dr. Ott's research comes from her own journey and her time spent in the "trenches" with patients. She knows her stuff and explains complex issues in a way everyone can relate to. Hormone imbalance, stress and gut health are easily disguised as other problems. This is a must read for us all!" - Jennie R.

"I found the answers I had been seeking for years!" - Mandy B.

"An in-depth look at what affects your hormone levels- very informative!" - Susan S.

ABOUT THE AUTHOR

Dr. Christine Ott is a diplomat of the American Board of Anti-aging and Regenerative Medicine and has completed masters courses for a Master of Science in Health Sciences with a concentration in Metabolic Medicine. She is certified in Advanced Bioidentical Hormone Replacement Therapy by the Academy of Preventive and Innovative Medicine.

For more information, please visit
www.doctorott.com.



Survive and Thrive Through Hormone Balance | Dr. Christine Ott, D.O.

SURVIVE AND THRIVE THROUGH HORMONE BALANCE

An Anti-Aging Approach to Improve Gut Health,
Control Inflammation and Reduce Stress



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