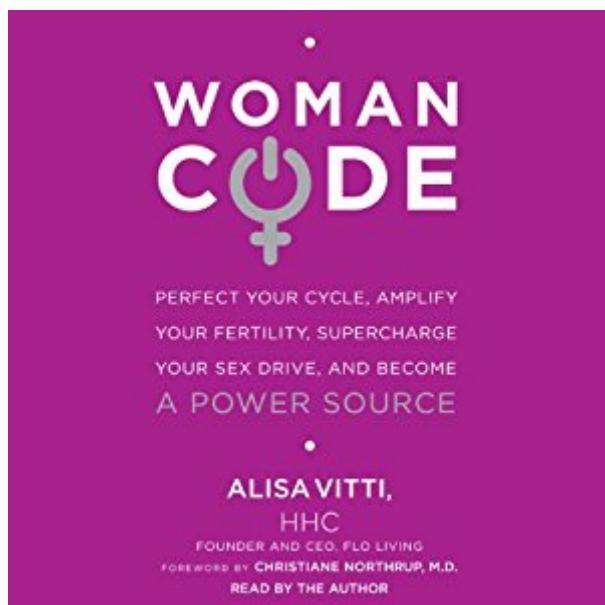


The book was found

WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, And Become A Power Source



Synopsis

A holistic health coach helps you rebalance your hormones, create easier periods, preserve your fertility, and revitalize your sex drive. Alisa Vitti will teach you how to support the chemical conversation of your entire endocrine system, from your head to your ovaries. With a few easy strategies and changes to your diet and lifestyle, you can not only solve hormone-related problems, but have the energy, mental focus, and stable moods to be your best self. Simply put, once you support the flow of your hormones, you create flow in your life. In WomanCode, you will learn how to connect the dots between your symptoms, your biochemistry, and food. This prescriptive program over the past decade has successfully helped thousands of women regulate their periods, clear up their skin, lose weight, alleviate PMS, get pregnant naturally, have more successful IVF, restore their energy, improve their moods, and have better sex. Vitti's revolutionary five-step program gives you the insight and tools you need to:Work in harmony with your body's natural rhythmsMinimize the impact of toxins in the environment, your diet, and the products that you useTarget and support the parts of your endocrine function (blood sugar, adrenals, elimination, or reproduction) that need attentionTap into the immensely transformative power of your feminine energy Passionately and strategically, the WomanCode protocol gives women from their teenage years to perimenopause the keys to unlock their hormone health. Giving a brain to ovaries explanation of what is going on inside your endocrine system, Vitti can help your whole body thrive. Now that you have turned on your healing power, you are better able to power up your purpose in life. If we're in the flow of our internal rhythm, we'll also attract effortless opportunities, enjoy moments of creative expression, and connect intimately with others - that's when we're in the flow of our power, our life-force energy, and our fullest potential.

Book Information

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Customer Reviews

Exactly what I needed to read to jumpstart the healing I want between my body and my hormones. Despite having studied biology and hormones in college, it never really clicked how much of that information applies to my own body, and Vitti's "Woman Code" is full of useful and practical information that is already helping me shift things for the better in so many aspects of my life.

I think Woman Code is a fantastic book for all women to read, especially those in their 20s, 30s and 40s. Vitti does a great job of explaining how our bodies are supposed to function, the interplay between hormones and her message is extremely empowering. The idea that our hormone function is basically a system and we can knock over the dominoes, but we can also get it realigned and back into balance. Hormones have always been this black box and something that people feel are a puzzle and untouchable, but Woman Code gives you the tools to unlock it and figure it out. I also love the "every meal, every day" concept. It's a life-long effort and it takes real attention and work to make it happen, but it is possible. There just aren't any quick fixes. All good stuff! The reason I don't give this book 5 stars (and I wavered between 3 or 4) is because some of it reads like a blog post/promotional material. As soon as you pick up the book, you know that Vitti runs a successful business in NYC. You're likely to check out her website and know that she has distance products as well for those who are not local to NYC. If you're at all interested in her products, you'll know where to go, but she seems to chime in constantly about her clients, her business, her facebook page, where you can find more, etc etc. In my view, the beauty of writing a book is offering a low-cost product and getting information out to the masses. Undoubtedly, those who want more support know where to go, but when I buy a book I don't want it to be blatant promotional material for a practice. That's the aspect that feels a bit amateur to me here. But, overall, it's a great tool and something all women should read, whether or not they have known hormonal imbalance.

This book is amazing! It's easy to understand and broken down so well for helping you understand your body. I actually was about to start the 4 day cleanse and ended up pregnant after trying for 3 years! Just listening to my body in the meantime and respecting what it needed made a huge difference! I have passed this along to 3 other people whom I know are having issues and hate their periods and cant wait to jump right back in to re setting my hormones after my pregnancy:)

Essential information! Every woman should read.

Wonderful book, I suggest following the blog and checking out Alissa's videos on Dr. Oz.

I love this book and I thank Alissa Vitti for her transparent easy approach of writing this book so the average person can understand.

I have done a lot of reading over the years about hormonal health, and this is by far the absolute BEST book I have read. Not only did it break down complex information in a way that I could totally understand what is happening in my body, but it actually got me EXCITED to make changes that previously felt completely overwhelming. Alisa makes it easy to begin implementing. I've read and re-read certain chapters a number of times - each time I go back I get deeper information. I'm feeling so much more connected to my body and to my health!

This book has taught me so much about about my body as a woman that anyone else in my entire life. Thanks Alisa for this thoroughly insightful and practical book. Basically, it covers the anatomy of the female body explaining connections between our organs, hormones and imbalances. It also provides practical tool on how you can take charge of your health without relying on anyone to do so for you.

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