



# **Feeling Fat, Fuzzy, or Frazzled?: A 3-Step Program to: Restore Thyroid, Adrenal, and Reproductive Balance, Beat Hormone Havoc, and Feel Better Fast!**

*Richard Shames, Karilee Shames*

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For the 33 million Americans who feel sluggish, spacey, and stressed out daily, **Feeling Fat, Fuzzy, or Frazzled?** is the first book to address the delicate balance among the thyroid, adrenal, and reproductive glands—which can make the day-to-day difference between feeling awful and feeling good. Long-term, if left untreated, this imbalance can cause heart disease, diabetes, arthritis, infertility, and severe menopause.

Authored by an expert physician/nurse team, the book offers readers: an innovative program to identify their particular hormone-related metabolic disorder; a “5-day jumpstart program” to help alleviate weight gain, low energy, or frayed nerves fast; and a long-term plan to achieve optimal health.

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