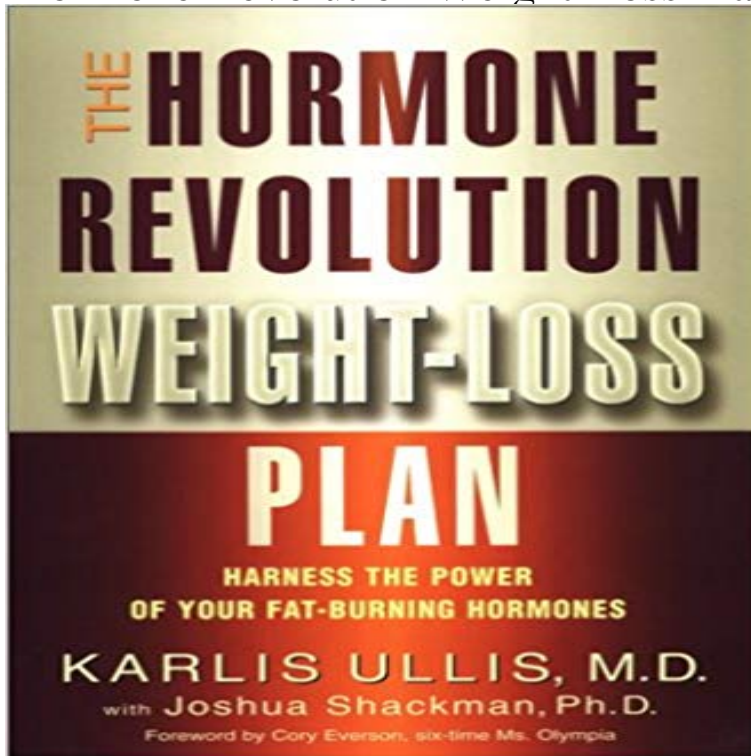


Hormone Revolution Weight-Loss Plan



Karlis Ullis, M.D., is an international authority on sports medicine and anti-aging medicine. In *The Hormone Revolution Weight-Loss Plan*, he brings his expertise on aging to weight loss. In fact, Ullis' clinical experience reveals that weight gain is a leading cause of premature and accelerated aging. This effective, sensible plan is designed for both men and women and shows how to turn hormones into powerful allies in the battle against weight gain, especially when it occurs around middle age. Because hormones regulate everything from metabolism and appetite to libido and energy levels, no weight-loss program can work long-term unless it factors in the crucial role of our natural hormones. Traditional calorie-restricted regimens wreak havoc on the body's delicate hormone balance, often lowering testosterone, thyroid hormone, growth hormone, and other hormones that play a key role in fat loss, muscle gain, and increased energy. *The Hormone Revolution Plan* teaches precisely what to eat as well as when to eat in relation to the timing of exercise, physical activities, and sleep. Dr. Ullis views carbs as essential for sustaining energy, and he explains when they can be eaten for optimal fat-burning hormonal effects. Dr. Ullis has developed an all-natural, drug-free program to help world-class athletes harness the power of their body's own hormones. Now this same plan has been adapted so anyone can hormonally charge their weight-loss plan.

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