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## ***The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol***

Sara Gottfried, M.D.  
Scribner

Although I have never personally met Dr. Gottfried, I felt a kinship while reading her book. Like myself, she earned her undergraduate biology degree at an engineering university (MIT) and brings an engineer's mentality in figuring out bodily problems. Like me, she is a gynecologist and in recent years has been active in functional medicine, studying with the Institute for Functional Medicine led by Dr. Jeffrey Bland, Mark Hyman, MD and others. It is a big book with lots of information -- diet, lifestyle, exercise suggestions and pathways for the individual to analyze their own situation. Overall, this is a well-researched book based on the science of human physiology. Dr. Gottfried still practices actively — while watching Dr. Gottfried on YouTube, it is clear that she is *“walking the walk”* and not just *“talking the talk.”*

Robert P. Goldman, MD