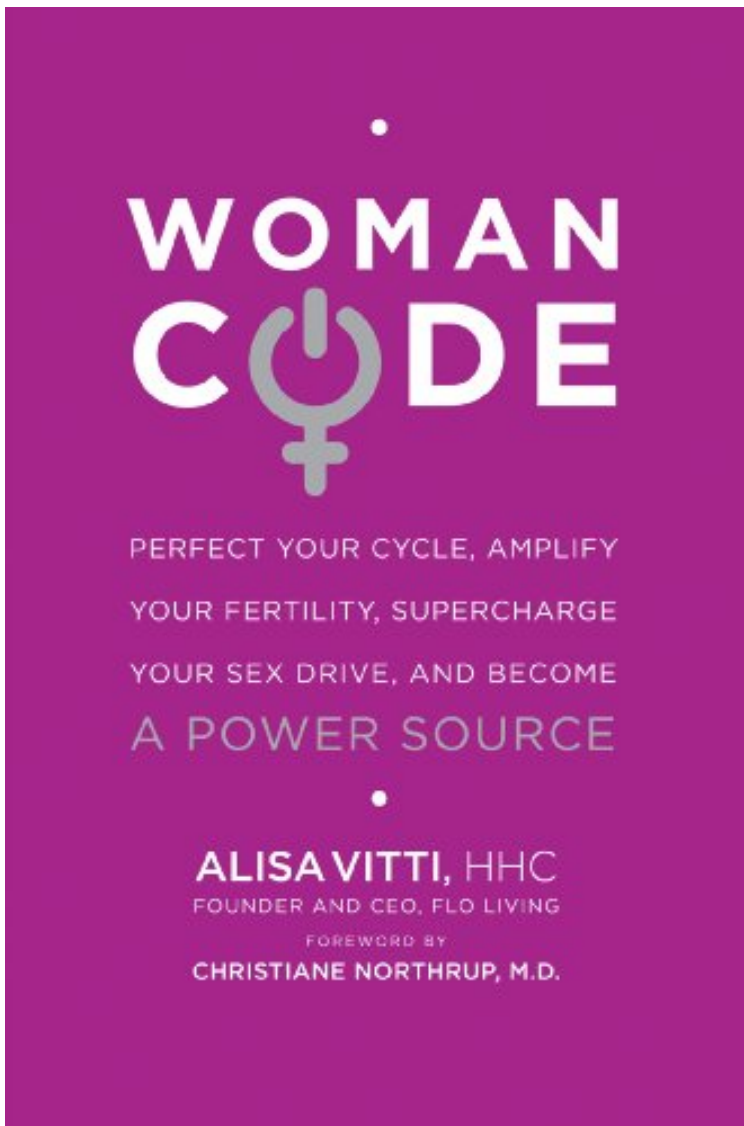


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# WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source



Par Alisa Vitti  
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## Description :

Prsentation de l'diteurWith WomanCode, holistic health coach Alisa Vitti shows women how to maintain health and vitality with a food-based program to rebalance their hormones. Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. Whether you are suffering from irregular periods, fertility issues, depression, or lack of sex

drive, Alisa Vitti says that meds and anti-depressants aren't the only solutions. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. And the five-step protocol can markedly improve health and overall quality of life. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the "Our Bodies, Ourselves" of this generation, provides an insightful foreword. *Revue de presse* Alisa is a management guru for the female body. She makes hormonal health approachable and fun! (KRIS CARR, New York Times bestselling author of *Crazy Sexy Kitchen*) Alisa is a thought leader when it comes to providing women with the healthcare they really need. Her revolutionary approach will transform your body and your life. More GYNs should prescribe WomanCode to their patients. (DR. FRANK LIPMAN, founder of Eleven Eleven Wellness Center, author of *Revive*) Alisa Vitti's approachable blend of the science of hormones with healthy food and lifestyle choices creates a vibrant, radiant you from the inside out. Alisa's WomanCode method reminds us there is always movement in balance and helps us find the ease in our constantly changing cycle.

(TARA STILES, founder of Strala Yoga and bestselling author of *Yoga Cures* and *Slim Calm Sexy Yoga*) Alisa Vitti is my go-to hormone expert and yes, us younger women need one! She has helped me with my cycle, my skin, and my energy all with food! (GABRIELLE BERNSTEIN, New York Times bestselling author of *May Cause Miracles*) WomanCode is a brilliant nutrition program for all of the hormonal challenges that prevent women from looking and feeling their best. Let Alisa guide you to eat right from your brain to your ovaries and start feeling better! (JJ VIRGIN, New York Times bestselling author of *The Virgin Diet*) Vitti teaches you to unlock the WomanCode so you can control your hormones, rather than letting them control you. You'll be able to take your health into your own hands and relish being a woman instead of cursing your gender. A must-read for any woman motivated to heal herself! (DR. LISSA

RANKIN, OB/GYN, author of *Mind Over Medicine: Scientific Proof That You Can Heal Yourself*) WomanCode is an extraordinary food-based prescription for your period, fertility, and lackluster sex drive. Vitti is breaking new ground by replacing our broken system of women's health with her novel approach. Doctors, prescribe Vitti's system to your patients! (DR. SARA GOTTFRIED, OB/GYN, author of *The Hormone Cure*) WomanCode addresses the underlying causes to your most challenging reproductive and hormonal symptoms and gives you jewels that work to restore you. In her elegant and effective food-based functional nutrition protocol, Alisa Vitti, shows you how you can have your hormones working for you, not against you! (DR. ANNA CABECA, DO, OB/GYN, FACOG) Your sex drive needs to be fed properly for it to thrive. While bioidentical hormones may help, WomanCode shows you how interconnected your hormonal health truly is and how you can improve your mood and libido from the inside out! (DR.

JENNIFER LANDA, MD, OB/GYN, author of *The Sex Drive Solution for Women*) In WomanCode, Alisa Vitti connects the dots between our hormones, our cycles, our symptoms and how we can all achieve the health and the body we deserve without harsh diets or impossible workouts. Women must learn how their insides determine their outsides. (ARY NUNEZ, Nike athlete, NFL trainer, founder of *ArysAmerica.com*) In WomanCode, Alisa has found a way to demystify both the magic and the science of hormones. I feel like we are just having one of our female power words, and as always with Alisa, I leave feeling empowered and awesome in my body, as we women should always feel! (ALYSIA REINER, actress, filmmaker, mother, *alysiareiner.com*) WomanCode is your ultimate hormonal handbook. Alisa Vitti is truly a women's health visionary for the next generation. She inspires women to take control of their bodies and experience much greater health and happiness than ever before! (JOSHUA ROSENTHAL, founder and director of the

Institute for Integrative Nutrition) Alisa Vitti's must-read book gives you back your woman-power. WomanCode will put you in control of your reproductive health in a natural way. Your ovaries will thank you for it. (GLORIA FELDT, author of *No Excuses: 9 Ways Women Can Change How We Think About Power*, former national director of Planned Parenthood) For too long, women have feared and battled their bodies, not understanding how to work in concert with their hormones. WomanCode gives you the tools to create the necessary shift so you can own our bodies, reclaim your reproductive health, and take responsibility for your well-being. (ALEXANDRA JAMIESON, author of *The Great American Detox*) Alisa provides women key information about their bodies and hormones, and WomanCode is a must-read for all women that want to optimize their fertility and hormonal well-being. (CHRISTY JONES, founder of *ExtendFertility.com*) Finally! It's here! Alisa has researched and created a comprehensive guided tour down the yellow brick road of women's sparkling health and well-being. Science meets woman! At last! (REGINA THOMASHAUER, author of *Mama Gena's School of Womanly Arts*) WomanCode will empower you to get your hormones in proper balance and put your body in an optimally fertile state. Alisa Vitti's whole food

based protocol will help you nourish your womb and bloom into pregnancy. (LATHAM THOMAS, bestselling author of *Mama Glow: A Hip Guide to Your Fabulous Abundant Pregnancy*) With all the choices modern women have today, how, when and if we become mothers is often out of our control. Whether at late-age fertility and still looking for love and the right partner, suffering from biological infertility, or simply not prepared to consider motherhood, read this book now. (MELANIE NOTKIN, founder of Savvy Auntie, bestselling author of *Savvy Auntie and Otherhood* (early 2014)) Alisa has a deep understanding, wisdom, and true knowledge for the female body ...she loves it with all her soul. This book is a breakthrough to your hormonal health. Read it, carry in your purse, devour its wisdom. Your body will love you for it. (AGAPI STASSINOPOULOS, author of *Unbinding the Heart*) Alisa Vitti is a wizard when it comes to women's inner and outer workings. Her groundbreaking approach to hormonal cycles contains secrets I only wish I'd known when I was growing up. And she teaches them in a fun, fascinating way a must-read for anyone with ovaries and without! (OPHIRA EDUT, author of *Love Zodiac and Body Outlaws*) Women want the best when it comes to feeding their children, but what we must learn is how to feed our bodies to be the best moms we can be. *WomanCode* will teach you how to eat for your hormones and create a better future for your family. (SHAZI VISRAM, founder and CEO of *HappyFamily Foods*) As a husband and father, I want to see the women in my life happy and thriving. *WomanCode* is the definitive guide for women's hormonal health. If you want to have a more successful relationship with the women in your life, get this book. (ERIC HANDLER, founder of *PositivelyPositive.com*) Alisa relates with ease and from the depths of her own transformational experience how understanding the language of the body effortlessly allows optimal health and healing to flow through us. Remember again a truth we are all ready to live: the body is a sacred temple. (MEGGAN WATTERSON, author of *Reveal*) Buy this book and follow its suggestions, and I can promise you that *WomanCode* will do more for your love life than an aphrodisiac, will bring you more joy than a hot fudge sundae, and will help you have all you need to do everything you dream of. (SUSUN S. WEED, herbalist and author of *New Menopausal Years the Wise Woman Way, Down There, and Sexual and Reproductive Health the Wise Woman Way*) Alisa Vitti seamlessly meshes science, compassion, story, and solutions in this wise, practical guide to a woman's hormonal health. The protocol outlined in these pages will heal women who've struggled with their hormones for years and healthy women wanting to enhance their lives alike. (KATE NORTHRUP, author of *Money: A Love Story*) Presentation de l'auteur With *WomanCode*, holistic health coach Alisa Vitti shows women how to maintain health and vitality with a food-based program to rebalance their hormones. Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. Whether you are suffering from irregular periods, fertility issues, depression, or lack of sex drive, Alisa Vitti says that meds and anti-depressants aren't the only solutions. Groundbreaking and informative, *WomanCode* educates women about hormone health in a way that's relevant and easy to understand. And the five-step protocol can markedly improve health and overall quality of life. Bestselling author and women's health expert Christiane Northrup, who has called *WomanCode* the "Our Bodies, Ourselves" of this generation, provides an insightful foreword.