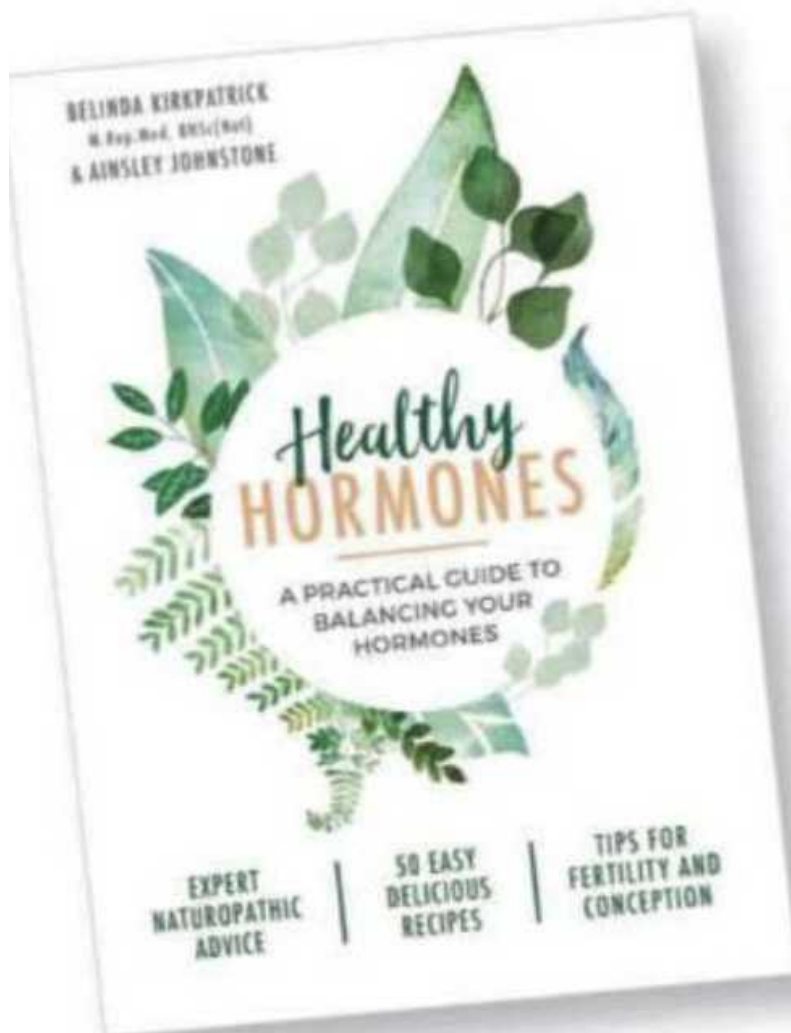




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Hormonal Health

As women we understand how an imbalance in our hormones can throw us off completely.

Belinda Kirkpatrick is an expert naturopath and nutritionist who specialises in hormonal health, fertility management and miscarriage prevention, and she's here to save the day.

Her latest book, *Healthy Hormones*, encourages a deeper understanding of women's hormones throughout their lives, while

exploring lifestyle tips and delicious recipes to keep hormones healthy naturally. Readers will be sure to feel empowered and inspired by the gems of wisdom offered in a simple, beautiful format. Available at www.murdochbooks.com.au for \$35.