

Contents

Introduction	1
Chapter One	5
Hormones Fuelling The Difference Between Men And Women – <i>Understanding Hormones</i>	
Chapter Two	40
The Hormonal Time Machine – <i>A journey through the ages</i>	
Chapter Three	48
Progesterone Unlocks New Horizons – <i>The many roles of natural progesterone</i>	
Chapter Four	63
The Galaxies Of Menopause And PMS – <i>Not really worlds apart</i>	
Chapter Five	73
Food Hazards Along The Journey – <i>Facts, fads, fast foods and myths</i>	
Chapter Six	81
The Flight Plan – <i>Diet, supplements, DHEA, hormonal checklist</i>	
Chapter Seven	88
The Role Of Your CO-Pilot – <i>Its not really rocket science!</i>	
References	96