



Why Is Mid-Life Mooching Your Mojo?: Solutions to Banish Hypothyroid Fuzziness and Fatigue Forever!

Joni Labbe

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You Are Not Lazy, Crazy, Or Finished!

Are you experiencing:

- **Fatigue**
- **Energy crashes**
- **Brain fog**
- **Memory loss**
- **Insomnia**
- **Irregular cycles**
- **Hot flashes**
- **Night sweats**
- **Weight gain**

The transition into menopause can take ten or more years, and be a wildly unpleasant ride at times.

Challenging? Yes. But, girlfriends, don't let mid-life mooch your mojo. Instead, embrace this time as a wake-up call to win back your health and passion for life.

Dr. Labbe's 9-step program offers powerful, science-based nutritional therapy and holistic lifestyle solutions to ease the mid-life transition, reclaim your mojo, and restore yourself to vibrant health.

This revolutionary book explains where your mojo went and empowers you with the knowledge and tools to get it back! It includes a detailed discussion of all the factors that may be causing your chronic fatigue and menopause-like symptoms, including a thyroid condition called Hashimoto's, adrenal fatigue, food allergies, and even a leaky gut!

Dr. Joni Labbe DC, CCN, DCCN, FCCN has successfully guided women through the many seemingly mysterious, unchecked root causes of the issues of mid-life, through her powerful Mojo Girlfriends™ program. She is a Board Certified Clinical Nutritionist, Dr. of Chiropractor, former radio personality host of "Healthier Way with Dr. Labbe, professional speaker, and nutritional writer for numerous health and fitness magazines. She continues to live with Hashimoto's and celiac disease.

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From reader reviews:

Edward Peterson:

Information is provisions for people to get better life, information nowadays can get by anyone in everywhere. The information can be a know-how or any news even restricted. What people must be consider whenever those information which is inside the former life are difficult to be find than now could be taking seriously which one works to believe or which one the actual resource are convinced. If you have the unstable resource then you buy it as your main information we will see huge disadvantage for you. All of those possibilities will not happen inside you if you take Why Is Mid-Life Mooching Your Mojo?: Solutions to Banish Hypothyroid Fuzziness and Fatigue Forever! as your daily resource information.

James Bardsley:

A lot of people always spent their very own free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book that you read you can spent the whole day to reading a e-book. The book Why Is Mid-Life Mooching Your Mojo?: Solutions to Banish Hypothyroid Fuzziness and Fatigue Forever! it doesn't matter what good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. If you did not have enough space to develop this book you can buy the particular e-book. You can m0ore simply to read this book from your smart phone. The price is not very costly but this book possesses high quality.

Jackson Ponce:

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Bruce Smith:

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