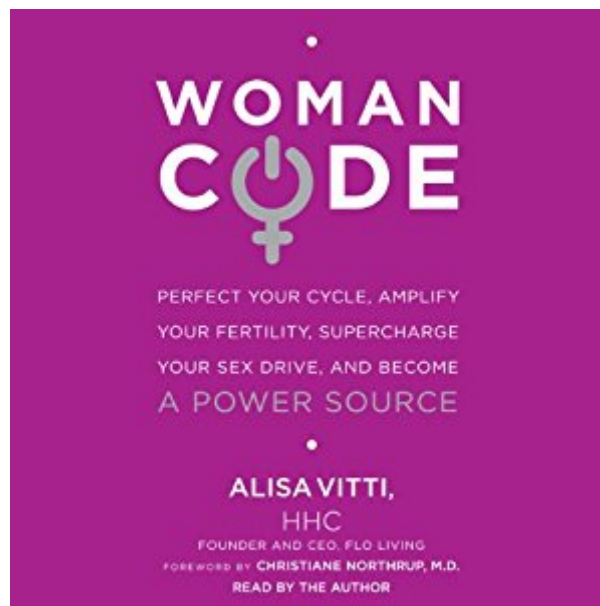


The book was found

WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, And Become A Power Source



Synopsis

A holistic health coach helps you rebalance your hormones, create easier periods, preserve your fertility, and revitalize your sex drive. Alisa Vitti will teach you how to support the chemical conversation of your entire endocrine system, from your head to your ovaries. With a few easy strategies and changes to your diet and lifestyle, you can not only solve hormone-related problems, but have the energy, mental focus, and stable moods to be your best self. Simply put, once you support the flow of your hormones, you create flow in your life. In *WomanCode*, you will learn how to connect the dots between your symptoms, your biochemistry, and food. This prescriptive program over the past decade has successfully helped thousands of women regulate their periods, clear up their skin, lose weight, alleviate PMS, get pregnant naturally, have more successful IVF, restore their energy, improve their moods, and have better sex. Vitti's revolutionary five-step program gives you the insight and tools you need to:

- Work in harmony with your body's natural rhythms
- Minimize the impact of toxins in the environment, your diet, and the products that you use
- Target and support the parts of your endocrine function (blood sugar, adrenals, elimination, or reproduction) that need attention
- Tap into the immensely transformative power of your feminine energy

Passionately and strategically, the *WomanCode* protocol gives women from their teenage years to perimenopause the keys to unlock their hormone health. Giving a brain to ovaries explanation of what is going on inside your endocrine system, Vitti can help your whole body thrive. Now that you have turned on your healing power, you are better able to power up your purpose in life. If we're in the flow of our internal rhythm, we'll also attract effortless opportunities, enjoy moments of creative expression, and connect intimately with others - that's when we're in the flow of our power, our life-force energy, and our fullest potential.

Book Information

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Customer Reviews

I think Woman Code is a fantastic book for all women to read, especially those in their 20s, 30s and 40s. Vitti does a great job of explaining how our bodies are supposed to function, the interplay between hormones and her message is extremely empowering. The idea that our hormone function is basically a system and we can knock over the dominoes, but we can also get it realigned and back into balance. Hormones have always been this black box and something that people feel are a puzzle and untouchable, but Woman Code gives you the tools to unlock it and figure it out. I also love the "every meal, every day" concept. It's a life-long effort and it takes real attention and work to make it happen, but it is possible. There just aren't any quick fixes. All good stuff! The reason I don't give this book 5 stars (and I wavered between 3 or 4) is because some of it reads like a blog post/promotional material. As soon as you pick up the book, you know that Vitti runs a successful business in NYC. You're likely to check out her website and know that she has distance products as well for those who are not local to NYC. If you're at all interested in her products, you'll know where to go, but she seems to chime in constantly about her clients, her business, her facebook page, where you can find more, etc etc. In my view, the beauty of writing a book is offering a low-cost product and getting information out to the masses. Undoubtedly, those who want more support know where to go, but when I buy a book I don't want it to be blatant promotional material for a practice. That's the aspect that feels a bit amateur to me here. But, overall, it's a great tool and something all women should read, whether or not they have known hormonal imbalance.

I'm embarrassed to say, as an educated woman who is health and fitness savvy, I really didn't understand much about the endocrine system, how it works, nor the impact that nutrition has on its various processes. This book isn't just about "eating healthy." This is understanding the entire engine that drives feminine functionality. At first I thought the title was more of a catch phrase. Now, having read the book, I really get that there is a "code" that is very much like an operating system, one that we can influence and regulate and work with to become our best selves. What an eye-opener. I'm eating kale. I'm using aloe vera on my face. Super drop dead simple things to incorporate. It's all working. The changes the author promises offer real results. I'm shocked - and I wasn't even a skeptic, but so much of the nutrition information out there is conflicting or really complex to execute. Whether you're looking to lose weight, improve your libido, trying to get

pregnant, or dealing with hormonal changes, no matter the age, this information should be required reading for every woman to understand her body and to help her become her best Self. It is also the perfect time to be having these conversations. As more and more women are deciding whether or not to "lean in" it is becoming evermore important to identify with our bodies so that we are clear about the choices we make. Incredibly important information and perfect timing. This is the beginning of a movement that shifts the focus from trying to compete with men, to owning ourselves as whole women. I'd buy one for myself, my mom, my grandmother, my daughters, my sisters.... you get the picture. I think this is the tip of the iceberg on this topic. This will be a long term reference manual and a practical "doable" blueprint for many lifestyle changes for me.

There are some good points in the book and it is definitely worth a read for every woman. However I have to agree with other reviews that there is far too much promotion. It would be fine if it were just a paragraph at the end of the book, so that people have the option to take things further and pay for this if they so wish. But unfortunately it gets pretty irritating as there's probably a whole page dedicated to this in each chapter if not more. I would've liked a bit more detail into the nutritional areas. It's great to have a chart of which foods will be helpful for different parts of your cycle, however it would have been interesting to see specifically why these foods are good. It may just be me with my interest in nutrition, and maybe this would be too much info for some, maybe a little overwhelming. However in my experience if you understand the details of how food works and why it is good for you, you're much more likely to stick to eating it and enjoy it as well. It's a shame I feel if you're paying for a book it should have gone into a little more depth in each area. She could easily have done this if she scrapped the pages of constant promotion throughout. Too much money for what you get unfortunately. I admire Alisa's intentions and knowledge, but the book could definitely be improved to be better value for money.

I got this book because I was desperate to get my PMS under control. My mood swings were off the charts -- crying, yelling & damaging to my relationships. I am 41 and done with having kids, and found that my cycle was changing and I just felt "different." I saw results within the first two weeks with this book. I have been following many of Alisa's recommendations for over three months now have seen a 180 degree change. I bought a few of the recommended teas and supplements, but mostly I've been adjusting my diet. I already ate fairly healthy (mostly vegan); this book recommends specific foods on specific days of your cycle. I rarely write reviews on but am doing so for WomanCode because I am so thankful for its existence and believe in its message. It has really

changed my life! Unlike some other reviewers, I did not in any way find it to be too self-promotional. Her anecdotes provided credibility and it made me feel that I wasn't alone with my struggles.

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