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I HORMONE HOMOSAPIENS *aruya a. ayo@roth amm*

i hormone homosapiens revised version hormone the essential chemical fluid of life the science soul and survival of hormonal life from puberty to aging addiction to awakening welcome to endocrinopolis where hormones speak the body listens and healing begins this is no ordinary health book i hormone homosapiens is a poetic scientific and deeply human journey into the hidden world of your hormones those silent messengers shaping your mood weight sexuality sleep energy immunity emotions addictions ageing and even identity backed by science yet infused with metaphor and storytelling this revised edition answers countless questions from readers of the haheloli philosophy happy healthy long life and invites you to finally understand your body s most essential language what you ll discover inside meet your hormones as citizens of endocrinopolis the city inside you learn how estrogen testosterone cortisol melatonin insulin dopamine and others affect every stage of life understand hormonal imbalance as inner civil wars manifesting as pcos thyroid dysfunction insomnia obesity depression libido issues and emotional chaos l explore gender sexual health with empathy through menopause andropause sexual dysfunction sensuality and intimacy with a special chapter on penis captivus and the mind body connection l discover the emotional chemistry of love loneliness dopamine oxytocin and serotonin as the real love triangle l navigate hormonal disorders disease including autoimmune conditions sleep disorders coeliac cancer prostate leukemia cardiovascular risk and rare endocrine disorders l unpack addiction digital burnout and mental health through stories of dopamine depletion screen addiction anxiety and post pandemic hormonal starvation l learn to live and age well optimize telomeres master fasting detox manage stress and awaken the healing rituals of hormonal balance l embrace self awareness as medicine haheloli happy healthy long life guides you to decode your body s signals reconnect with nature and find balance through every decade of life this book is for you if l you want to understand why your body and mind feel out of sync l you re navigating menopause andropause infertility sexual health or chronic illness l you re curious about weight management energy loss or sleep struggles l you re healing from addiction trauma burnout or mental health issues l you re seeking a guide that s both scientifically grounded and deeply compassionate l diagrams metaphors and flowcharts for clarity l real life stories haheloli s philosophical reflections l natural medical tools to restore balance l prevention tips lifestyle hacks rituals and long term healing strategies l bonus appendices hormone myths faqs self assessment tools life hacks because when your hormones are in rhythm your whole life finds harmony begin your haheloli journey happy healthy long life today discover the secret world of your hormones how they shape your mood weight love sex sleep and health i hormone homosapiens blends science storytelling and self awareness to help you decode hormonal imbalances prevent disease and reclaim your vitality from puberty to ageing addiction to awakening

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