

What Every Spirit-Led Woman Ought to Know About Her Hormones

You feel crazy. And your man is *certain* you're crazy. You feel as though you are a victim to your raging hormones, and you never know what to expect from one day to the next.

If only I could get my hormones under control!

You're not the only woman who feels this way. Questions about women, their hormones and their mental health is one of the most frequent health issues I am asked about by my patients, their husbands, radio listeners, readers or audience members when I speak. If you feel crazy, you're not alone. And there *is* hope!

You don't have to feel crazy and out of control. There are things you can do to master your hormones instead of letting them master you. Don't be a victim any longer.

I'm happy to share this video with you, in which I talk about women, their hormones and their mental health. In this video you'll discover:

- The **three times** during a woman's life when hormones impact mental health most dramatically.
- The **single most important factor** that determines how and when hormones cause mental health symptoms.
- **7 specific steps** that allow you to take charge of your hormones rather than letting your hormones master you—all without a doctor's visit or prescription!

Are your hormone issues affecting your mental health and well-being? If so, [click here](#) and you'll be able to access several additional resources that will help you apply 7 Specific Steps

to Mastering Your Hormones. {eoa}

Dr. Carol Peters-Tanksley is both a board certified OB-Gyn physician and an ordained Doctor of Ministry. As an author and speaker, she loves helping people discover the **Fully Alive** kind of life that Jesus came to bring us. Visit her website at .