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HEALTH & WELLNESS



### Holy Hormones Honey!

Archives Available

**August 8th 2013: A Promise of Hope for Mood Disorders**

Welcome to the premiere show for Holy Hormones Honey! If you are looking for hope today then you are in the right place. Autumn Stringam, author of "A Promise of Hope" will be sharing her incredible journey from the depths of bipolar disorder to becoming a beacon for thousands of others when she changed her 'hopelessness to healing' with the use of micronutrients. In 1995, Autumn Stringam had been using 13 drugs in different combinations with multiple hospitalizations and therapy for several years, to no avail. Her bipolar symptoms were out of control. One terrible hospitalization after ano

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### Featured Guest



#### Autumn Stringam

Autumn grew up in a bipolar household, losing both her grandfather and her mother to suicide by the age of 21. At 19, Autumn was diagnosed with Bipolar I with rapid cycles and Schizophrenic tendencies and before long had tried 13 different drug combinations, to no avail.

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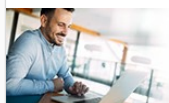
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