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Vibrant Life: Restore the roots of Health Archives Available

July 17th 2013: Let's talk about Sex Hormones and how it affects Your summer of Love

Estrogen- is the molecule of Love and the Queen of Seduction
Progesterone- is the valium for the brain and the peace maker
Testosterone- is the control/reward molecule, motivation, desire and addiction
Cortisol- is the molecule that gets you out of bed but can make you frizzled and frazzled
Is your stress ruining your bedroom life? Is stress taking the fun out of summer? Find out how you can re-juice your life with Dr. Lu and Vibrant Life!

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