

# Contents

<b>Introduction</b>	<b>1</b>
<b>Chapter One</b>	<b>5</b>
Hormones Fuelling The Difference Between Men And Women – <i>Understanding Hormones</i>	
<b>Chapter Two</b>	<b>40</b>
The Hormonal Time Machine – <i>A journey through the ages</i>	
<b>Chapter Three</b>	<b>48</b>
Progesterone Unlocks New Horizons – <i>The many roles of natural progesterone</i>	
<b>Chapter Four</b>	<b>63</b>
The Galaxies Of Menopause And PMS – <i>Not really worlds apart</i>	
<b>Chapter Five</b>	<b>73</b>
Food Hazards Along The Journey – <i>Facts, fads, fast foods and myths</i>	
<b>Chapter Six</b>	<b>81</b>
The Flight Plan – <i>Diet, supplements, DHEA, hormonal checklist</i>	
<b>Chapter Seven</b>	<b>88</b>
The Role Of Your CO-Pilot – <i>Its not really rocket science!</i>	
<b>References</b>	<b>96</b>