

Revolutionary Weight Loss Solution Focus of New Book

Readers discover the causes of hormonal imbalances and abnormal weight gain and how it can be addressed with the acclaimed Balance 3H Plus® program

HARRISON, N.Y. – In stark contrast to weight loss programs promising results without personalized approaches, wellness entrepreneur Mitchell R. Suss shares solutions for aging women looking to make healthy lifestyle changes in his new book, “It’s Not Your Fault, It’s Your Hormone: Amazing New Diet Program for Women”. In addition to educating readers about the causes of weight gain, Suss introduces [the Balance 3H Plus® program](#), a drug free and natural approach to weight loss that is safe, effective and easy-to-follow. Discussing how weight loss is a complex problem that requires a custom plan crafted for each individual, this book showcases how the Balance 3H Plus® program offers just that.

A truly innovative nutritional program created and supervised by medical doctor and weight-loss expert, Dr. Siobhan Kealy, Balance 3H Plus® relies on the use of natural therapies and lab testing to provide a personalized approach for individuals looking for results that last. A program that supports patients in Dr. Kealy’s Westchester, N.Y. office, women over 40 who are looking for a weight loss plan that will utilize their body’s natural hormones will certainly benefit from the methods taught in this book.

The focus of this book is to educate readers about the issues surrounding weight loss for women experiencing menopause and the symptoms that come along with it. The Balance 3H Plus® program provides all the answers for those looking to address hormonal imbalances and abnormal weight gain.

“Extensive research shows an association between decreased levels of estrogen causing everything from depression and anxiety, to mood swings, especially as a woman becomes perimenopausal,” says Dr. Robi Ludwig, Psychotherapist, Author and TV Commentator “For a growing number of ladies, Balance 3H Plus® is the logical next step to help take better care of themselves, their health, and their bodies.”

An educational and motivational reading experience, “It’s Not Your Fault, It’s Your Hormone: Amazing New Diet Program for Women” will inspire readers to take their health into their own hands.

“It’s Not Your Fault, It’s Your Hormone: Amazing New Diet Program for Women”

By **Mitchell R. Suss**

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Available at the [Archway Publishing Online Bookstore](#), [Amazon](#) and [Barnes & Noble](#)

About the author

Wellness entrepreneur Mitchel R. Suss understands the struggles felt by menopausal women struggling with their weight loss journey. Over the past 20 years, he has dedicated his time to helping thousands of women feel, look and live a healthier life through the Balance 3H Plus® program. Suss resides in Hartsdale, New York. To learn more, please visit <https://www.drkealy.com/>.

Contact:

LAVIDGE – Phoenix

Courtney Vasquez

480-306-7065

[cvasquez\(at\)lavidge\(dot\)com](mailto:cvasquez(at)lavidge(dot)com)

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