

FOR IMMEDIATE RELEASE

Pamela Levin, R.N. Shows Women How to Take Care of the One Thing That Makes Them Female - with *The Female Hormone Journey: Lifetime Care of Your Hormones*.

UKIAH, CA.—MARCH 1, 2006— Pamela Levin, R.N. reveals the language of female symptoms girls and women's bodies use to send messages about what they need to stay balanced, vital and healthy. Women's hormonal systems are absolutely central to everything about their physical and emotional health their whole life long. With the publication of *The Female Hormone Journey: Lifetime Care of Your Hormones*.

The Female Hormone Journey is a step-by-step guide that illuminates for women at every stage of their lives and all the practitioners who care for them how to gain the skills of hormonal self-care. This unique resource contains 50 short chapters written in everyday language, each of which includes simple assessment instructions and details how to discover which whole food concentrates, herbs and/or homeopathic remedies constitute effective responses.

The Female Hormone Journey refutes the common assumption that women's hormones are peripheral to their moods, bodily vigor, stamina and total well-being. Pamela Levin wrote *The Female Hormone Journey* so that all women and their health practitioners learn to realize that women's hormones are the first, not the last thing that should be considered in the over 200 physical and emotional symptoms rooted in women's hormones.

ABOUT THE AUTHOR

Pamela Levin, R.N. is an award-winning nutritional journalist. She has over 40 years' experience with women's health issues at every stage of their hormone journey. Her articles and four other books have been translated into 10 languages and have sold over 100,000 copies worldwide. She is a graduate of the University of Illinois and holds Clinical Teaching Membership, the highest standing in the International Transactional Analysis Association.

The Female Hormone Journey is available for purchase at www.lulu.com, www.Amazon.com and femalehormonejourney.com. It is published by The Nourishing Company in conjunction with Lulu (www.lulu.com), the world's fastest-growing provider of print-on-demand books.

Link to Publication*: <http://www.lulu.com/femalehormonejourney>

###

MEDIA CONTACT: Pamela Levin, info@nourishingcompany.com, 707-462-2217.