

# Dr. Sara Gottfried: Author of The Hormone Cure

**Dating with Dignity Telesummit:** How Your Hormones Are Robbing You of Love, Sex, and Happiness (and How to Get Them Under Control)



Sara Gottfried M.D. teaches men and women how to reset their hormones naturally with food so that they can rock their mission. She is a natural hormone expert, Harvard-educated physician, keynote speaker and author of New York Times Bestseller, *The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with The Gottfried Protocol* (Simon &

Schuster, 2013). For the past 20 years, Dr. Gottfried has been dedicated to helping women and men feel at home in their bodies with natural hormone balancing. After graduating from the physician-scientist training program at Harvard Medical School and MIT, Dr. Gottfried completed her residency at the University of California at San Francisco, where she still teaches medical students. She is board-certified in Obstetrics and Gynecology, a teacher of the adjunct faculty at Touro University College of Osteopathic Medicine, and a mentor to medical students in her virtual medicine practice and online learning center, The Gottfried Institute.