

Healthy for the Holidays

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'Tis the season to eat, drink and be merry. This time last year, we are planning holiday parties, decadent nights out and, of course, our New Year's resolutions. Resolve to start the new year strong with The Hormone Zone. [Drs. Bosch](#) and [Robinson](#), aka the Sex Docs, provide the tools to sculpt the body you want—and others will desire—with natural weight loss solutions.

Get Moving with GH

If the holidays leave your stomach looking like you've smuggled a few muffins from the dinner table, it may be thanks to stress. Stubborn fat, like muffin tops, can indicate a cortisol imbalance. Don't worry: The Hormone Zone has adrenal stress-management solutions. If your abdominal weight gain feels more significant than a little extra pooch, you may be experiencing a growth hormone (GH) deficiency. At the Hormone Zone, we offer a few options for GH treatment that can reduce the visceral fat surrounding organs. Another benefit? Increased energy, which you'll need since it boosts libido, too.

Add a B12 Boost

If you're still holding on to last year's holiday weight, chances are the issue goes beyond just a sweet tooth. Oftentimes, it takes more than replacing cookies and milk with a gym membership to reach our fitness goals. One foolproof fat-loss tool is a supplementary lipotropic injection. Combining the powerful energy boost of vitamin B12 with the fat-burning benefits of Lipotropic Complex, lipotropic shots contain natural amino acids (protein building blocks) and enzymes that help your body increase the breakdown of fat to optimize your fitness routine.

Revive Good Vibes with HRT

If you'd suddenly rather stay in bed than go to the gym, Hormone Replacement Therapy (HRT) may be the solution to regain balance, energy and motivation. HRT uses cutting-edge technology in a simple procedure that delivers results for men and women of all ages. Whether you're supplementing HRT or jumpstarting healthy habits at home, try releasing feel-good hormones with something other than food. Follow The Hormone Zone on Facebook for Dr. Robinson's latest Movement of the Week fitness tip to get those endorphins pumping, or boost your oxytocin levels with a good old-fashioned romp in the sleigh bed.

Give yourself the gift of a healthy, balanced approach to weight loss. Make an appointment with the Sex Docs to customize your plan for a healthier, sexier 2018. The Hormone Zone offers a comprehensive medical approach to aging gracefully and enhancing your lifestyle.

To Learn More

The Sex Docs

thesexdocs.com.

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