



# The Hormone Survival Guide for Perimenopause: Balance Your Hormones Naturally

"This is a great book, giving women concrete actions and guidelines for managing their own health."

George Gillson, MD, PhD  
Author of *You've Hit Menopause: Now What?*

"Sooner or later, every woman needs what Jackson offers: solid facts and clear solutions, in language and tone that encourage women to get help and change their lives."

*Foreword Magazine*

"A wonderful and practical guide for women who want to feel young and stay vital."

Jacob Teitelbaum, MD  
Author of *From Fatigued to Fantastic!*

To pay by credit card, please visit [www.HormoneSurvival.com](http://www.HormoneSurvival.com).

To pay by check, please complete this order form:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

- Order one to three copies and pay only \$4.75 for shipping.
- Shipping is free for four or more books.
- Ask us about volume discounts for quantities as low as 10 copies. Great for women's clubs, church groups, and professional associations, either for fund-raising sales or gifts to members.

List price	Number of copies ordered	Cost of books
\$14.95	×	=

California residents add 7.75% sales tax

Shipping (\$4.75 for up to three books)  
**FREE shipping for four or more books**

4.75

Cost of books plus tax and shipping =



**Larkfield Publishing**

5256 Aero Drive, Unit 3 ☒ Santa Rosa, CA 95403  
(707) 542-9057 ☒ (707) 542-9056 fax  
gp@LarkfieldPublishing.com  
<http://LarkfieldPublishing.com>

Please make your check payable to **Larkfield Publishing**.  
Enclose payment with this order form and mail to:  
5256 Aero Drive, Unit 3, Santa Rosa, CA 95403.