

New Book Sheds Light on How to Turn Mid-Life into the Good Life

*Wellness mentor reveals the hidden condition
affecting 50 million Americans in mid-life*

SAN DIEGO, Calif. – According to a new book, over 50 million women across the country are suffering from autoimmune disorders...and most don't even know it.

Dr. Joni Labbe, known as “The Thyroid Doctor,” recently published the book, *Why is Mid-Life Mooching Your Mojo?* to address the lack of information surrounding women’s mid-life health issues. For over a decade, Dr. Labbe has treated hundreds of women with thyroid and autoimmune disorders at the Labbe Health Center in San Diego, California.

“So many menopausal and post-menopausal women are suffering from inflammation, exhausted adrenals, hormonal imbalances, hidden auto-immune diseases, anemia, leaky gut, and thyroid disorders,” Dr. Labbe said. “This really is a global epidemic! My book explains what is happening inside their bodies and shows them how they can reclaim a vibrant and energetic life.”

Dr. Labbe felt the impact of these health issues firsthand after being diagnosed with Hashimoto’s disease – an autoimmune disease that attacks the thyroid, adrenal glands, and digestive system – in 2007. Upon further study of autoimmune, thyroid, and hormone disorders, she began treating herself with the methods she would eventually use to help her patients.

In *Why is Mid-Life Mooching Your Mojo?* Dr. Labbe reveals the seven most important factors that cause women to feel so lousy, drowsy, and cranky in mid-life. She then provides a detailed, and holistic plan to manage these symptoms, which includes regular testing, changes in diet, and proper supplementation.

“There is a huge void in the healthcare model for treating, managing, and properly understanding chronic autoimmune conditions, like Hashimoto’s,” said Dr. Labbe. “So many women are being told that their symptoms are just aging or menopause. When I saw how many women were suffering and how dramatically my protocols could help them, I knew I had to get the word out with this book.”

For more information, visit www.mojogirlfriends.com.

Why Is Mid-Life Mooching Your Mojo?

By Dr. Joni Labbe

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Available on Amazon, Barnes & Noble

About the author

Dr. Joni Labbe is a board certified clinical nutritionist, Doctor of Chiropractic, and former host of “Healthier Way with Dr. Labbe.” She lives in San Diego, where she is president and clinical director of the Labbe Health Center. She is one of the country’s leading authorities on thyroid disorders.

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