

OB-GYN and Wellness Physician Offers Practical Guide

To Help Mothers and Daughters Seamlessly Navigate Transition from Adolescence to Womanhood

BLOSSOMING

Becoming a Woman



Get Sassy, Get Strong!
Discover the Secrets to
Balancing Your Hormones
and Your Life



A DAUGHTER-MOTHER GUIDE BY
VICTORIA J. MONDLOCH, MD, OB-GYN

Wilmington, Delaware Aug 14, 2023 ([IssueWire.com](https://www.issuewire.com)) - A hormonal imbalance is a condition that occurs when the body either produces too much or too little of the hormones necessary for puberty. Such imbalances can result in various health problems that can affect a teenager's physical, mental, and emotional well-being. For instance, hormonal imbalances in teenage girls can lead to heavy or irregular menstrual cycles, which can cause discomfort, pain, and stress. Excessive hair loss, night sweats, and headaches are also common symptoms of hormonal imbalances that can significantly impact a teenager's quality of life. It's crucial to note that hormonal imbalances can be detrimental to a teenager's health, potentially leading to more severe conditions.

BLOSSOMING, Becoming a Woman, Discover the Secrets to Balancing Your Hormones and Your Life, written by Dr. Victoria Mondloch, an OB-GYN and wellness physician, aims to help mothers and teenagers. The book offers practical and valuable information for teenage girls and their mothers on navigating the transition from adolescence or 'girlhood' to womanhood. The book covers a wide range of topics, including hormone balance, physical and emotional changes, eating disorders, and the do's and don'ts of taking care of the adolescent athlete. Dr. Mondloch invites girls to share this journey with their mothers for mutual benefit, understanding, and advocacy.

BLOSSOMING is a resource for teenage girls and mothers seeking guidance and support during a crucial stage of life. Dr. Mondloch's book offers practical advice and information on how to deal with the physical and emotional changes that come with puberty and how to maintain hormone balance for a healthy and fulfilling life. The book also emphasizes the importance of teamwork and communication between mothers and daughters, which can help reduce tension and promote a smoother transition.

Overall, **BLOSSOMING** is a must-read for anyone seeking guidance on navigating a turbulent stage of transition and physiological changes.

Listen to Dr. Mondloch as she talks about her book with Emmy Award-Winning anchor Kate Delaney on her nationally-syndicated radio Show, America Tonight.

Tune in here:

YouTube: <https://youtu.be/Y7khKf1eXPc>

Soundcloud:

https://soundcloud.com/kated-294710598/victoria-mondloch/s-ngL2VvpSuRt?si=7f40ca44734e467b8d4d3587b44888f0&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing

Tune in to an insightful TV interview as Logan Crawford engages with author Victoria Mondloch, delving into the pages of her captivating book.

View their exchange of thoughts here: <https://youtu.be/AYwQAE6M3bE>

Get your copy today through leading online platforms.

Grab a copy today!

Buy the book at: [Amazon.com: Blossoming: Becoming a Woman: Discover the Secrets to Balancing Your Hormones and Your Life \(Hormones for Life Book 1\): e](https://www.amazon.com/Blossoming-Becoming-a-Woman-Discover-the-Secrets-to-Balancing-Your-Hormones-and-Your-Life-Hormones-for-Life-Book-1-ebook/dp/B07L7ZRNR2)

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About the Author

Dr. Mondloch has over 35 years of experience as a physician and medical advisor. She has recently retired but she specialized in Women's Health, Family Medicine, and Preventative Health & Wellness. Dr. Mondloch helps women become partners in and drivers of their own health and care. With a mission to empower patients, Dr. Mondloch will show you how to develop a plan specific to your situation that lays out the best course of action for you and your specific situation. Dr. Mondloch is a true expert on Women's Health. She has written two books and done hundreds of radio interviews. Please check out her website: victoriajmondlochmd.com to see her U-tube offerings on a multitude of women's health issues, breaking up a difficult topic into multiple 2-4-minute pearls of useful information done in an easy-to-understand way!

Media Contact

Great Writers Media

hlopez@greatwritersmedia.com

1-877-600-5469

24A Trolley Square #1580

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