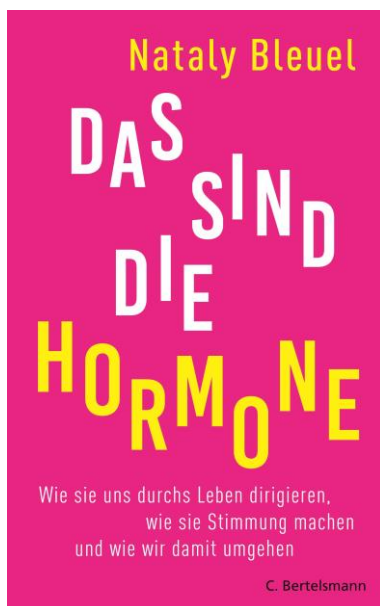


From adolescence to the menopause – the power of hormones



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Nataly Bleuel, born in 1967, studied sociology, literature, Latin American studies and history and attended the Henri Nannen School of Journalism in Hamburg. She now lives in Berlin and contributes to such media as *Zeit Magazin*, *Brigitte*, *Merian*, *Beef*, *Nido*, and *sueddeutsche.de*.

Hormones regulate us humans – our minds, our bodies – throughout our entire lives but especially at times of change: when a child becomes an adult, a woman a mother, when fertility moves on to the menopause. Hormones also steer our moods. And they can be particularly tiresome when they join up with other factors to create diabetes, thyroid disorders and even depression.

Journalist Nataly Bleuel has taken a closer look at our hormones. She has spoken to women (and men) of all ages about their experience with hormones and consulted doctors and medical books about the facts: what semiochemicals – or messenger substances – there are, how they work and how they affect us. And most importantly: how we can free ourselves from the cultural and social aspects associated with hormones. Nataly Bleuel's hypothesis, which she backs up with the results of the latest scientific research, is that hormones are also a social construct.

The result is an instruction manual that is as entertaining as it is stimulating on how to critically observe and understand what goes on in our bodies and minds and how to deal with such processes.

Nataly Bleuel
These Are Our Hormones
[Das sind die Hormone]
How they take us through life,
affect our moods and how we
handle them

C. Bertelsmann
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