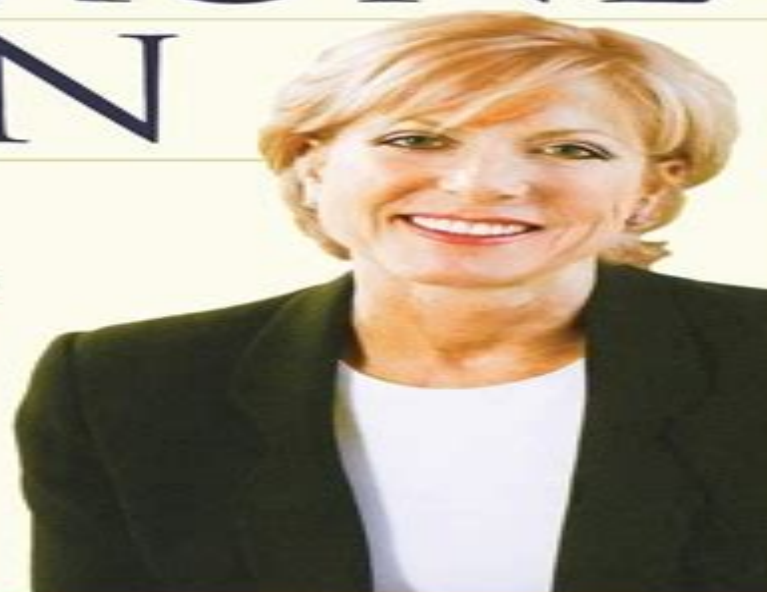


AUTHOR OF *THE HORMONE SOLUTION*
ERIKA SCHWARTZ, M.D.

THE 30-DAY NATURAL HORMONE PLAN

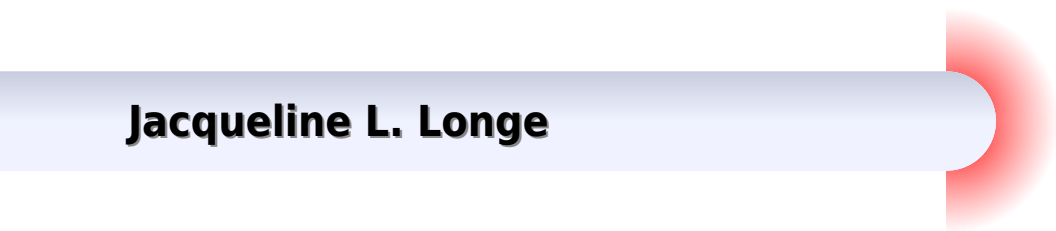
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30-Day Natural Hormone Plan Erika Schwartz,2007-10-15 An expert in natural hormone supplementation presents a comprehensive program to help women feel younger without hormone replacement therapy The symptoms of hormone imbalance are all too familiar for the millions of women who suffer from hot flashes depression night sweats insomnia mood swings and loss of libido on a daily basis Many of these women turn to synthetic hormone replacement therapy commonly known as HRT for relief But HRT can lead to other serious health issues including a higher risk of breast cancer heart disease and stroke Now Dr Erika Schwartz presents an effective and safe alternative to HRT a proven 30 day program that includes a natural hormone regimen and dietary advice as well as information on exercise vitamins and supplements The 30 Day Natural Hormone Plan can help women alleviate symptoms of hormone imbalance and keep them looking and feeling young

Ageless Suzanne Somers,2006-10-10 Can you really feel better as you get older Is aging without illness possible Is your own internal fountain of youth waiting to be discovered Yes yes and YES says Suzanne Somers the bestselling author of *The Sexy Years* It can all be true when you take advantage of the science of antiaging medicine a revolutionary approach to achieving the ageless life Suzanne Somers has already introduced millions of women to bioidentical hormone replacement therapy and changed the way we look at menopause Now in *Ageless* Suzanne introduces an inspiring medically validated approach to reversing the aging process and maintaining a healthy vibrant mentally sharp sexually active life while building the body's natural defenses against age related diseases Suzanne talks about How antiaging medicine can help detox the body of harmful pollutants and chemicals and strengthen our weakest glands and organs The dangers of perimenopause and how women can treat it Why so many hysterectomies are unnecessary how birth control pills may have contributed to the rise of hysterectomies and how to restore your body to perfect hormonal balance after having one How andropause is a real condition for men and how men can lose weight regain their youthful physiques and restore health energy and sexuality all through bioidentical HRT The importance of sleep and the healing work that nature does during this time to balance hormones and increase energy In this antiaging bible Suzanne brings together prominent Western trained antiaging doctors to show how the traditional medical approach is woefully inadequate Its standard of care has been to treat all symptoms with drugs but in *Ageless* you will find out how this approach does not make us better With antiaging medicine you can heal your body rather than keep a chronic condition at bay with drugs *Ageless* shows you how to keep your insides young and how this manifests on the outside **Library Journal** ,2004 *Library Journal* Melvil Dewey,Richard Rogers Bowker,L.

Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,2004 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **The Publishers Weekly** ,2003 **The Gale Encyclopedia of Alternative Medicine** Jacqueline L. Longe,2005 Presents a four volume alphabetically arranged medical reference set that examines a variety of

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Reviewing **30 Day Natural Hormone Plan Look And Feel Young Again Without Synthetic Hrt**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**30 Day Natural Hormone Plan Look And Feel Young Again Without Synthetic Hrt**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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