

## The Hormone Solution Thierry Hertoghe

In this work, Dr Erika Schwartz shares her proven programme to help women prevent, reduce and even eliminate the symptoms of hormone imbalance naturally.

America's perceptions about the inevitable effects of aging are about to be completely rethought, thanks to groundbreaking new information from an internationally known expert on hormones and antiaging medicine. Thierry Hertoghe, M.D., has an important message to share: people are aging unnecessarily. Based on thirty-five years of scientific studies, The Hormone Solution: Stay Younger Longer with Natural Hormone and Nutrition Therapies is the first book that offers a prescriptive program to counter memory loss, weight gain, wrinkles, shrinking muscle mass, impotence, hair loss, and a host of other signs and symptoms of aging. Dr. Hertoghe offers an effective hormone replacement therapy using safe, low doses of natural hormones—in conjunction with a healthy diet and vitamin and mineral supplements—to help people maintain physical, mental, and emotional health and literally restore their bodies to a state that's three to twelve years younger than their actual age. He identifies the fifteen main, crucial hormones found in the body and explains the process that restores each one to its correct level. With a foreword by renowned doctor Barry Sears, The Hormone Solution is filled with self-scoring checklists, eating plans, nutritional prescription plans, and hormone shopping lists that help every reader calculate his or her personal hormone profile. Dr. Hertoghe is revolutionizing the medical field with his work, showing us how to treat chronic illnesses and the large and small aspects of aging by using preventive measures to drastically slow the aging process and its effects without costly procedures and surgeries. The Hormone Solution is a landmark publication that will revolutionize how people age, enabling us to live longer, healthier, and happier lives.

Outlines a method to improve physical and mental health by optimizing hormones, sharing guidelines in functional and integrative therapies to explain how to reverse hormone-related health decline without prescription medicines.

"Dr. Morgentaler, an internationally recognized expert in sexual medicine and male hormones, shares his secrets for a healthy life." --Irwin Goldstein, M.D., Director of Sexual Medicine, Alvarado Hospital, San Diego, and Editor-in-Chief, Journal of Sexual Medicine "A highly valuable resource. Finally debunks many of the myths about testosterone's safety, which has been an impediment to its appropriate usage for far too long." --David E. Greenberg, M.D., President, Canadian Society for the Study of the Aging Male From a Harvard doctor and a leading expert on testosterone—the groundbreaking book that shows you how to raise your testosterone levels—and live your life to the fullest. Better sex. Increased vitality. More muscle. Improved health. Greater mental agility. These are just a few of the life-enhancing benefits that men with low levels of testosterone can experience when they increase their testosterone level. If you've noticed a decrease in your sex drive; experienced erectile dysfunction; or felt tired, depressed, and unmotivated, this authoritative, up-to-date guide from an expert at Harvard Medical School will help you determine if you have low testosterone—a surprisingly common but frequently undiagnosed condition among middle-aged men. Learn how to: Recognize the symptoms of low testosterone Diagnose the problem with simple tests Find the treatment that's right for you Explore options your doctor might not know about Reduce your risk of cardiovascular disease and obesity

- Stay Younger Longer with Natural Hormone and Nutrition Therapies
- Creating Layered, Lived-in Spaces Inspired by the Natural World
- The Nine Keys to Peak Health
- The Most Cutting-Edge Advances in Antiaging
- Take Control of Your Cancer (3rd Ed.)
- The Science Explained

*In The Women's Guide to Complete Thyroid Health, readers explore their family health history, assess their symptoms, and, along with their healthcare providers, create a personalized testing and treatment plan designed to restore healthy, balanced thyroid output.*

*For much too long the traditional medical community has ignored, misdiagnosed, and mistreated millions of women suffering from symptoms of hormone imbalance. Now, a world-renowned expert explains a safer and more natural approach to treating hormone-related conditions like PMS, weight gain, mood swings, and hot flashes. The controversy continues to rage like hormones: The safety and efficacy of synthetic hormone replacement therapies (HRT) versus human-identical hormones. In this second edition of the widely successful guide From Hormone Hell to Hormone Well, world-renowned physician expert, C.W. Randolph, Jr., M.D., and Genie James team up to challenge the continual promotion by the pharmaceutical industry—and the physicians they have brainwashed—of dangerous synthetic hormones. In this hard-hitting book, Dr. Randolph and Ms. James expose the shocking truth that for decades, whenever most women have complained to their doctor about menopausal symptoms, the traditional approach treatment has put both their health and their lives at risk. As a board certified gynecologist who has treated women with hormone balances for over a decade, Dr. Randolph contends that there is—and has been—a safe and effective alternative to synthetic hormones: Bio-identical hormone replacement therapy (BHRT). Hormone Hell to Hormone Well shows readers how to: Eradicate a "one-size-fits-all" approach to HRT and empower women to discover and maintain her "hormonal equilibrium" through her changing lifecycle Understand the new breakthroughs and discoveries in human-identical hormone therapy Naturally replace the hormones that have decreased with age—with the science that supports the health benefits of bioidentical hormone therapy Enjoy vast improvements in mental and emotional health as well as resolving physical issues, including weight gain, depression, osteoporosis, hot flashes, low sex drive, and fatigue*

*SNP Method 2.0: The Complete Guide to Penis Enlargement is the first and only scientifically based book that explains how to obtain penis enlargement naturally and chemically. Containing information from more than three hundred studies, the book was developed by author Michael J. Maverick after 14 years of positive and negative experiences with penis enlargement, and with the help of Marco DeMunari, who has a master's degree in pharmaceutical science and who has also shared his successes over the years. This guide has been formulated for all men who want to increase the length and/or girth of their penis in a completely natural way or with chemical support but without the need of extenders, pumps, manual stretching, jelqing, warm-ups with hot air, water, or more invasive methods like surgery. The SNP Method 2.0, which is the most advanced method in existence today, is aimed at regaining the hormonal conditions of puberty, when jelqing and stretching were not necessary to induce penis growth.*

*Cancer rates continue to skyrocket, and the overall survival rate for Stage IV cancer patients in the United States is a grim 2.1 percent. Clearly, the extensive use of expensive, sometimes ineffective toxins in conventional oncology protocols is a failing strategy. Even the few survivors of these harsh slash-and-burn treatments can have dismal quality of life, suffering with ailments such as nerve damage, heart muscle disease, and liver and kidney failure. And unfortunately, many conventional doctors discourage patients from exploring alternative treatments. A featured doctor in Suzanne Somers' bestselling cancer book Knockout, forty-year oncology veteran James W. Forsythe, M.D., H.M.D., offers a more cost-effective, personalized, and compassionate alternative to traditional cancer treatment in Take Control of Your Cancer: Integrating the Best of Alternative and Conventional Treatments. Dr. Forsythe's integrative approach has yielded an astonishing 46 percent positive response rate in a 500-patient study. In Take Control of Your Cancer, you will find information on all stages of cancer, including:*

- Warning signs of cancer
- How to pinpoint the causes of cancer and to avoid recurrence
- Preventative measures such as healthy diet and regular exercise
- Overview of how to choose what drugs and supplements to use
- How to take charge of your cancer treatment and maintain a positive attitude
- Successful case studies of 40 of Dr. Forsythe's Stage IV cancer patients
- While Dr. Forsythe offers his patients conventional and alternative therapies on their own as well as an integrative option, Take Control of Your Cancer encourages cancer patients and their families to explore their treatment options and look for doctors who personalize treatment for optimal outcomes.

The Anti-Aging Diet

The Hormone Handbook

I'm Too Young for This!

Comprehensive Solutions for All Your Thyroid Symptoms

The Essential How-to Guide to Symptoms, Dosage, Timing, and More

From Hormone Hell to Hormone Well

Look and Feel Young Again—Without Synthetic HRT

A holistic dentist shares a comprehensive approach to preventive dentistry that makes the whole person healthier, ultimately creating great teeth.

DO YOU WANT . . . The high energy you enjoyed in your twenties and thirties? Protection against cancer, heart disease, diabetes, and osteoporosis? Renewed sexual appetite and vigor? To beat depression, boost your memory, and handle stress? To lose body fat while building up your lean muscle mass? DHEA can do all this and more! In The DHEA Breakthrough, biochemist Stephen Chemiske gives you all the information you need to take advantage of and maximize the extraordinary properties of this superhormone—safely and effectively. The DHEA Breakthrough contains the easy-to-implement DHEA Plan, including a diet designed for our "paleolithic" bodies, stress reduction techniques, and an exercise program that eases you into the next level of performance, no matter where you are now. With this comprehensive, accessible book, you can look forward to a longer, more satisfying, more healthful life "I've used DHEA in my practice for five years and seen how it can help restore physiologic balance. That's close to a modern day miracle, and this book describes the breakthrough perfectly." --Jesse Hanley, M.D., Medical Director, Malibu Health and Rehabilitation

For the 20 million women who suffer from painful intercourse: the first book to address the multiple causes and the available treatments. Painful sex is a condition that causes embarrassment and silence -- often going undiscussed or misdiagnosed; as many as 40 percent of women who suffer from it won't seek medical care. And most medical professionals are still in the dark when it comes to women's sexual pain. Now, three leading experts tackle the stereotypes, myths, and realities of sexual pain in this easy-to-understand, accessible guide that will help you get the help you need and deserve. Drs. Goldstein, Pukall, and Goldstein offer answers to your most pressing questions, as well as: Up-to-date information on the more than 20 causes of sexual pain How to choose the right doctor -- and how to interpret your doctor's lingo Valuable tips for understanding sexual pain, and what can be done about it How to rebuild sexual intimacy once the pain is gone Featuring groundbreaking research and stories from women who've also suffered -- and recovered -- When Sex Hurts provides all of the tools you need to stop hurting and start healing.

From basic science and fundamental procedures to the latest advanced techniques in reconstructive, esthetic, and implant therapy, Newman and Carranza's Clinical Periodontology, 13th Edition is the resource you can count on to help master the most current information and techniques in periodontology. Full color photos, illustrations, and radiographs show you how to perform periodontal procedures, while renowned experts from across the globe explain the evidence supporting each treatment and lend their knowledge on how to best manage the outcomes. UNIQUE! Periodontal Pathology Atlas contains the most common of causes found anywhere. Full-color photos and anatomical drawings clearly demonstrate core concepts and reinforce important principles. UNIQUE! Chapter opener boxes in the print book alert readers when more comprehensive coverage of topics is available in the online version of the text. NEW! Chapters updated to meet the current exam requirements for the essentials in periodontal education. NEW! Case-based clinical scenarios incorporated throughout the book mimic the new patient case format used in credentialing exams. NEW! Additional tables, boxes, and graphics highlight need-to-know information. NEW! Two new chapters cover periculpinitis and resolving inflammation. NEW! Section on evidence-based practice consists of two chapters covering evidence-based decision making and critical thinking.

Optimizing Your Health Through Bioidentical Hormones

The Hormone Cure

Reverse the Biological Clock!

Interviews with Doctors Who Are Curing Cancer--and How to Prevent Getting It in the First Place

Hypothyroidism

The New Hormone Solution

Cracking the Metabolic Code

Do you want to maintain your health and energy level as you age? If so, then it is essential that you replenish your declining hormones. In Hormones, Health, and Happiness, Dr. Steven Hotze reveals how restoring hormones to optimal levels using natural, bioidentical hormones enables women and men to regain their vitality. Dr. Hotze discusses the frequently overlooked problem of hypothyroidism, which commonly affects women in midlife. Too often, women with all the signs of low thyroid are told that their blood results are normal. Find out why women should believe what their bodies are telling them rather than the results of a blood test. The conventional medical approach treats symptoms with "anti" drugs, such as antidepressants, antihistamines, antispasmodics, anti-arthritis, and others, rather than discovering and correcting the underlying problems of these symptoms. In Hormones, Health, and Happiness, Dr. Hotze discusses symptoms of women and men in midlife, which include fatigue, weight gain, headaches, depression, insomnia, hot flashes, joint and brain fog, and recurrent infections, to name a few, and addresses their solutions. His comprehensive eight-point wellness program will help you strengthen your immune system, balance your hormones, and increase your energy level. This program encompasses:

- Treatment of low thyroid
- Treatment of hormonal decline and imbalance
- Treatment of adrenal fatigue
- Treatment of food allergies
- Treatment of airborne allergies
- Vitamin and mineral supplementation
- Nutritionally balanced eating program

Dr. Hotze demonstrates how many health problems can be solved safely, effectively, and naturally without drugs. If you are sick and tired of being sick and tired, then it's time to take charge of your health and get your life back. By following Dr. Hotze's recommendations you can begin your journey down a life-long path of health and happiness.

At seventy-three years young, #1 New York Times bestselling author and health guru Suzanne Somers has established herself as a leading voice on antiaging. With A New Way to Age, she takes things a step further to present a revolutionary philosophy for a longer and better quality life—in the form of easy-to-understand lessons and doctor interviews that will make you feel like you've just had the best checkup of your life. There is a new way to age. I'm doing it and it's the best decision I've ever made. I love this stage of my life: I have 'juice,' joy, wisdom, and perspective; I have energy, vitality, clear-headedness, and strong bones. Most of us are far too comfortable with the present paradigm of aging, which normalizes pills, nursing homes, and "the big three": heart disease, cancer, and Alzheimer's disease. But you don't have to accept this fate. Now there's a new way to grow older—with vibrancy, freedom, confidence, and a rockin' libido. This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting-edge techniques such as: balancing nutritional and mineral deficiencies; detoxifying your gut for weight loss; pain management with non-THC cannabis instead of harmful opioids; and much more. Aging well is mainly about the choices you make on a daily basis. It can be a fantastic process if you approach it wisely. After a lifetime of research, Suzanne came to a simple conclusion: what you lose in the aging process must be replaced with natural alternatives. In order to thrive you have to rid your body of chemicals and toxins. Start aging the new way today by joining Suzanne and her trailblazing doctors as they all put unearh the fountain of youth.

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.

Do you want to spend the rest of your life with joint pains, hypertension and daily fatigue? Is there a natural solution to these age-related diseases? You will discover the answer to these questions in this guide. Did you know that low-level inflammation is undetectable by routine tests and can lead to serious cardiovascular disease over the years? Yet, there is a natural method which can prevent and even reverse these diseases attributed to aging. The author of this book has tested it on himself and can tell you first hand what to expect. In this guide, you will discover the benefits of paleo nutrition and why dietary supplements are essential. You will come to know the unfamiliar indications of thyroid hormones T3 and T4, pregnenolone, D.H.E.A., cortisol, testosterone, melatonin and growth hormone. Finally, there is a chapter dedicated to hair loss (androgenic alopecia) with a unique protocol to achieve thick hair, even after the age of 50 (photos shown for evidence)! Aging is a choice and not a fate: reverse the biological clock now! "Superb little book, very smart!! To be devoured!!" Dr Stephanie RESIMONT, MD.

The Epidemic

Testosterone Deficiency in Men

How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free

Making Your Patients Happy, Healthy and Sexually Alive

Overcoming Adrenal Fatigue

Hormonal Bioidentity

Design by Nature

First and bestselling authors of the classic What Your Doctor May NOT Tell You books about menopause and pre-menopause comes an easy-to-use guide on balancing hormone levels safely and naturally. Dr. John Lee will help you answer key questions like: Are my symptoms caused by a hormonal imbalance? Which hormones do I need to regain hormone balance? How do I use hormones for optimal health and balance? Plus, learn how and when to use estrogen, testosterone and progesterone cream, in simple, effective language. If you want the ABCs of using natural hormones, this book is for you.

In today's society most of us are move at a rapid pace and have taken on more responsibilities than ever before. In turn, this has caused a surge in stress levels. If you are among the millions who deal with the consequences of chronic stress including: exhaustion, chronic fatigue, weight gain and depression, Dr. Lena Edwards can help Dr. Edwards is a highly respected internist who is also Board Certified and Fellowship Trained in Functional and Regenerative Medicine. In this vital book, Dr. Edwards dispels modern myths surrounding stress, offers logical, clear health advice and explains the critical role that adrenal glands play in the stress process. Giving stress the credibility and the attention it deserves. Dr. Edwards explains the link between the hormones, stress levels and the development of disease -- a health connection that has not yet been fully realized. If you're looking for clear answers, you'll find this book packed with real-life case studies, graphics and the most current facts on the inter-connection between stress, abnormal cortisol production and pervasive modern maladies such as: cancer, heart disease, depression, allergies, insomnia, reproductive disorders, and premature aging. Readers of Adrenalogue have the opportunity to 'step behind the curtain' and discover the intricate relationship between mind and body while Dr. Edwards carefully explains the steps needed to regain health and balance and provides insight into the ways that you can out-smart stress and prevent it from interfering with your daily life.

Describes the effects and health benefits of this naturally produced hormone, and predicts its future impact.

Metabolism of lipids Metabolism of lipids

Look Younger, Live Longer, Feel Better

The DHEA Breakthrough

Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause

The Breakthrough Book on Natural Progesterone

When Sex Hurts

Influences and Treatments

The first design book that translates elements of nature—including flora, water, and wood—into elements of decor for beautiful, lived-in, bohemian interiors, from acclaimed designer and tastemaker Erica Tanov. Inspired by nature's colors, textures, and patterns, design icon Erica Tanov uses her passion for textiles to create beautiful, timeless interiors that connect us to the natural world. Now, in her first book, Design by Nature, Tanov teaches you how to train your eye to the beauty of the natural world, and then bring the outdoors in—incorporating patterns and motifs from nature, as well as actual organic elements, into simple ideas for everyday decorating and design. Design by Nature contains new and imaginative decorating ideas for an organic and bohemian style that mixes and Layers rugs, pillows, throws, and drapery, and incorporates unique patterns and fabrics such as shibori, ikat, and jandani, all stunningly photographed by renowned photographer Ngoc Minh Ngo. With topics ranging from embracing imperfection in your home, to seeking out flea markets, to displaying your collections, Design by Nature takes an enduring and intuitive approach to design that transcends fleeting trends and encourages you to find your own personal style, source of creativity, and connection to the natural world. You don't need to travel to distant locales to find beauty; it's all around us, from the crackle of fallen leaves to the jagged bark of a tree.

The MS Solution is a medical detective story following author Kathryn Simpsons path from her diagnosis of multiple sclerosis and resulting disability to a return to complete health. The discovery that her symptoms were caused by loss of key hormones (including ovarian, adrenal, and thyroid) and were resolved by replacing them is an intriguing story. Years of endocrine research allowed her to crack the mystery of MS and make the connections between MS and hormones.

Hormones regulate our bodies and run our lives—when they're in balance we feel great, look beautiful, are fertile and sexual, and enjoy every moment of our existence. When they're out of balance, whether during adolescence, pregnancy, menopause, or from medication or surgically induced, it can lead to devastating conditions like infertility, postpartum depression, insomnia, weight gain, loss of libido, memory loss, and unnecessary tests and surgeries. Erika Schwartz, MD, is the leading authority on hormone supplementation in wellness and disease prevention. In The New Hormone Solution Dr. Erika shares her successful, proven program to help women (and men) of all ages prevent and eliminate the symptoms of hormone imbalance in an integrated and caring approach. Learn what hundreds of thousands of healthy men and women have learned from following Dr. Erika's unique and caring programs. In The New Hormone Solution, you'll discover: How to identify the symptoms of hormone imbalance at different stages in your life from teens, twenties, thirties, forties, and beyond. What the safe and easy options are for treatment of hormone imbalance. How to integrate conventional medicine with mind and body care and prevent disease at all ages. How to choose the right options for your hormones and supplements. How to take ownership of your health and avoid becoming a victim of uncaring and money-hungry systems. How the cutting edge scientific data, statistics and clinical cases from the practice of Dr. Erika can be applied to your needs.

**Back to the Basics: Life Revitalization through Bio-Identical Hormones**, Dr. Greg Brannon addresses the health issues many face today: Lack of energy, diminished cognitive ability, low libido, diabetes, dementia, cardio vascular disease, and many others. Dr. Brannon calls us to get "back to the basics" of hormonal health. He shows how Bio-Identical Hormone Replacement Therapy (BHRT) addresses these health issues and can improve your health and change your life.

Metabolism of lipids

Great Teeth for Life

Hypothyroidism Type 2

A New Way to Age

Knockout

The Melatonin Miracle

The Secret to a Lifetime of Good Dental Health

The Third Edition of this popular book brings up to date the material that so many readers found helpful in the previous editions. The text has been revised and reorganized with current chapters focusing on the history of cortisol use, sources of confusion regarding cortisol therapy, the significance of normal adrenocortical function, generally accepted uses of physiological dosage, viral infections, miscellaneous clinical conditions, and future directions for research and therapy. The author provides explanation and conf physical dosages of cortisol in the treatment, not only of patients with rheumatoid arthritis and other autoimmune disorders, but also of patients with chronic allergies, chronic fatigue syndrome, gonadal dysfunction, infertility, shingles, acne, hirsutism, respiratory infections, and other less common disorders. It is a known fact that the influenza virus attacks the human body by impairing the production of the adrenocorticotropic hormone (ACTH), which, in turn, impairs the production of cortisol: the only hormone years, a new infection has developed in central China and has been labeled Severe Acute Respiratory Syndrome (SARS). The ACTH hormone and the SARS epidemic is addressed, and it is hoped that this type of cortisol therapy will not only be helpful in the treatment of the various disorders mentioned but will lead to a better understanding of the factors that contribute to the development of these disorders and ultimately contribute towards their prevention.

The Hormone SolutionStay Younger Longer with Natural Hormone and Nutrition TherapiesHarmony

Hypothyroidism is the most common thyroid disorder and it is significantly more frequent than presented - millions of people suffer from this disease without knowing it. People with this condition will have symptoms associated with slow metabolism. Estimates of subclinical hypothyroidism range between 3 to 8 %, increasing with age, whereas it more likely affects women than men. About 10% of women may have some degree of thyroid hormone deficiency. Hypothyroidism may affect lipid metabolism, neurological and psychiatric diagnosis, regulation and replacement therapy, thyroid ultrasonography and radiodiodine therapy for hypothyroidism. "Hypothyroidism - Influences and Treatments" contains many important specifications, results of scientific studies and innovations for endocrine practice.

Your adrenal glands play a key role in helping you control stress and maintain energy throughout the day. When these small but important glands malfunction, you may start to notice the telltale signs of adrenal fatigue. Decreased energy, weight gain, mood changes, inability to handle stress, and a weakened immune system are just a few of the symptoms of adrenal imbalance. It can slow you down, interfere with your overall sense of wellness, and even make you feel depressed. If you suspect that adrenal imbalance is going wrong and partner with your health care provider to find solutions. In Overcoming Adrenal Fatigue, you'll find clear self-evaluations and treatment guidelines that will empower you to take charge of your adrenal health through nutrition, vitamins, herbs, bioidentical adrenal hormone supplementation, and self-care practices. This complete guide to optimizing adrenal health will give you the tools you'll need to get your symptoms under control and regain the energy to enjoy your active lifestyle. The complete program balancing herbs and supplements Eat for all-day energy and improved concentration Practice mindfulness and relaxation techniques to reduce stress Learn about medications that can help

The Women's Guide to Thyroid Health

What Your Doctor May Not Tell You About(TM): Menopause

The Hormone Solution

Stay Young & Sexy with Bio-Identical Hormone Replacement

Dr. John Lee's Hormone Balance Made Simple

Hormones, Health, and Happiness

Testosterone for Life: Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health

*Draws on the expertise of eight doctors whose cutting-edge methods are enabling unprecedented cures, sharing the celebrity author's personal experiences as well as the survival stories of other cancer patients while identifying lifestyle strategies and challenging mainstream practices. By the best-selling author of Ageless.*

*Introduces a program designed to stimulate the body's human growth hormone to help readers reverse the aging process, strengthen the immune system, enhance sex life, and improve memory and thinking ability*

*Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.*

*This is the long-awaited follow-up to Dr. Jonathan Wright's best seller Natural Hormone Replacement for Women Over 45; the book that started the bio-identical hormone revolution. In their new updated book, with a powerful foreword by Suzanne Somers, the authors update the science, safety, and clinical successes surrounding this controversial subject and share the secrets that will allow the reader to Stay Young & Sexy.*

*Grow Young with HGH*

*Life Revitalization Through Bio-Identical Hormones*

*The Amazing Medically Proven Plan to . . .*

*How I Solved the Puzzle of My Multiple Sclerosis*

*Newman and Carranza's Clinical Periodontology E-Book*

*Straight Talk Women (and Men) Need to Know to Save Their Sanity, Health, and—Quite Possibly—Their Lives*

*Hormone Solution*

**Learn about bioidentical hormone replacement therapy (BHRT) in a quick and easy book. Learn about the history of hormone replacement (HRT) and discover why all HRT is feared, even bioidentical hormones. Learn how to find a doctor who will help you and not hurt you. Explore all of your BHRT options, learning how to replace your hormones safely, so that you can prevent heart disease, cancer, and all other diseases of aging.**

**"An astonishing book revealing the cause and successful treatment for the plague of illnesses affecting western civilization; including obesity, heart attacks, depression, diabetes, strokes, headaches, chronic fatigue, and many more. In Dr. Starr's description of Type 2 Hypothyroidism, he presents overwhelming evidence showing a majority of Americans suffer this illness, which is due to environmental and hereditary factors. Laboratory testing used to diagnose hypothyroidism is completely inadequate, and current treatment for hypothyroidism is ineffective. Groundbreaking research shows how persistent environmental toxins prevent thyroid and other hormones from working properly. This book will lead you to understanding more about your health than anything you have ever read. Many of the more recent patients who have sought help from Dr. Starr have come to him with Hashimoto's and Graves' diseases. As a result, the updated 2011 version added a chapter on Hashimoto's and Graves' disease. Revised for 2013 with a contribution by Jerry Tennant, M.D."--Amazon.com, viewed October 14, 2013.**

**This system that integrates diet, lifestyle changes, and nutrients and supplements to increase metabolism and regain good health.**

**This book provides a background of essential knowledge on testosterone deficiency in men, including diagnosis and treatment. It also explores the associations of testosterone deficiency with organ systems and their diseases e.g diabetes, osteoporosis.**

**The Natural Hormone Solution to Enjoy Perimenopause**

**The MS Solution**

**SAFE USES OF CORTISOL**

**Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol**

**A Natural Medical Formula for Rediscovering Youth**

**Back to the Basics**

**Adrenalogic: Outsmarting Stress**

*Presents a plan for helping bodies transition hormonally without drugs from puberty through perimenopause, detailing the role of certain hormones, the importance of diet, and the steps to finding the right doctor.*

*La Solucion Hormonal/ the Hormone Solution*

*A Woman's Guide to Banishing Sexual Pain*

*Nature's Age-Reversing, Disease-Fighting, Sex-Enhancing Hormone  
Bioidentical Hormones Made Easy!  
The 30-Day Natural Hormone Plan  
Integrating the Best of Alternative and Conventional Treatments  
The Complete Guide to Penis Enlargement*