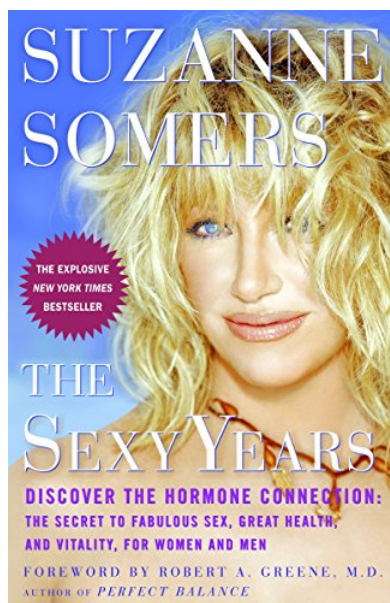


Tp7W8 [Free PDF File] The Sexy Years: Discover the Hormone Connection: The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men



CONTINUE ►

Getting older can be brutal-women gain weight, lose their sex drive, experience hot flashes, suffer memory loss, become short-tempered, find it difficult to sleep, and on and on. It's not so easy for men, either-they start to lose energy and stamina as they age, too (and they have to live with women going through menopause). After years of being thin and fit and full of energy, Suzanne herself encountered the "Seven Dwarfs of Menopause"-Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful, and All-Dried-Up. Instead of living out the rest of her life cranky, sleep-deprived, and libido-less, Suzanne set out to discover how she could get her mind, body, and life back and banish those pesky dwarfs for good. The result is *The Sexy Years: Discover the Hormone Connection-The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men*. In this passionately argued and enormously practical book, Suzanne supports her own research and experiences with the expertise of leading doctors in the field of women's and men's health and sexuality to create an inspiring, accessible call-to-arms to women to radically rethink how they approach life after fifty, and give them the tools to turn their lives around. Suzanne has discovered that the second half of life has been more rewarding, fun, and purposeful than her younger years. The key to her happiness? Taking natural bioidentical hormones. Natural hormones, which mimic the hormones produced in our own bodies that are almost completely lost with aging, are the answer to the symptoms of menopause that plague women. Recent findings from the medical community show that synthetic hormone replacement therapy (HRT) may be harmful to women-thus, thousands of women are looking for what else they can do to alleviate their symptoms. In *The Sexy Years*, Suzanne comes to the rescue with a step-by-step plan and detailed information about how women can take control of their health, for themselves and for their m

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