



## Hormone Solution (Paperback)

By Dr Thierry Hertoghe

Random House USA Inc, United States, 2004. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book. Americas 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 program of 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...*



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### Reviews

*It is one of my favorite books. Sure, it is actually engaging, nonetheless an interesting and amazing literature. I am happy to let you know that this is basically the finest book I have got to study inside my very own existence and might be the finest publication for ever.*

-- **Randal Reinger**

*It is one of the best PDFs. It is written in straightforward words and never difficult to understand. It has been designed in an extremely straightforward way and it is just following it that I finished reading this book through which basically modified me, affected the way I believe.*

-- **Deonte Abbott III**