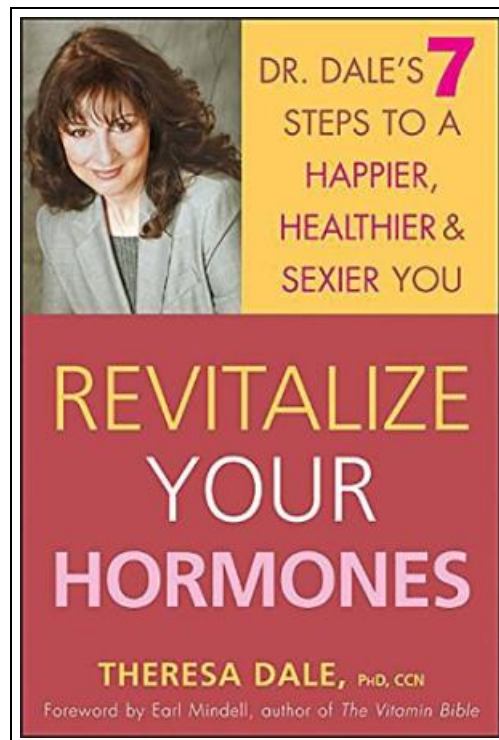


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Reviews

Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.
(Prof. Damon Kautzer III)

REVITALIZE YOUR HORMONES: DR. DALE S 7 STEPS TO A HAPPIER, HEALTHIER, AND SEXIER YOU (HARDBACK)



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John Wiley Sons, United States, 2005. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Contrary to popular belief, radiant health and positive aging are your birthright. Dr. Dale s natural healing protocol gives you all the tools you need to manage your health destiny for maximum mind-body balance and well-being. --Dr. Earl Mindell I have seen Dr. Theresa Dale s program give relief to hundreds of my patients and a new outlook on life to so many women. I offer it to all of my patients without reservation. --Christine Staub, m.d. A scientifically proven, 100 percent natural way to restore your body s hormonal balance and to become the beautiful, sexy, vibrant woman you were meant to be Hormone replacement therapy is highly controversial, and many women refuse it. But that doesn t mean you have to learn to live with hot flashes, diminished libido, and all the other so-called normal symptoms of aging. Optimum health, energy, sex drive, and happiness can be yours. Revitalize Your Hormones shows you how to have them all safely and naturally--without risky hormone replacement treatments. World-renowned naturopathic physician Dr. Theresa Dale explains that, no matter what your age, your body already knows how to produce optimal amounts of hormones--it s all a matter of stimulating it to do so. More importantly, Dr. Dale arms you with a scientifically proven, 7-step program for hormone rejuvenation developed and refined over her twenty years of research and clinical experience. An easy, enjoyable, 100 percent natural approach to restoring your body s hormonal balance and reversing the appearance of aging, the program includes: * A hormone-revitalizing diet and nutritional program including many scrumptious recipes * A whole-body detoxification program * A personal biological age assessment quiz * Expert...



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