



Natural Hormone Balance for Women: Look Younger, Feel Stronger, and Live Life with Exuberance

By Martin Zucker

Atria Books. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.1in. x 5.3in. x 0.9in. A pioneering gynecologist and antiaging specialist with a successful Beverly Hills practice, Dr. Uzzi Reiss shows the way for women who want to turn back the effects of time through natural hormone therapy, but who wonder: is it safe? Does it work? Is hormone therapy right for me? NATURAL HORMONE BALANCE for Women is Dr. Reiss's breakthrough, step-by-step program for women who want to take control of their lives by restoring hormonal balance. This revolutionary, commonsense natural hormone replacement program is designed to meet the individual needs of most women looking to rejuvenate body and mind -- and offers astounding benefits for women of all ages: More energy and stamina. Improved memory. Healthier, more youthful skin. Balanced moods. Less depression and anxiety. Stabilization of weight and more muscle definition. Better sleep patterns. PMS and menopausal symptoms reduced or eliminated. Enhanced sexuality. Dr. Reiss takes the confusion out of the medical information you need to know. In clear, nontechnical language, he thoroughly explains: the important difference between standard chemical hormone prescriptions and natural hormone replacements; which hormone replacements are best for you; and how to adjust them...



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