

The Anti Aging Hormones That Can Help You Beat The Clock

The Anti-Aging Hormones Textbook of Men's Health and Aging Stopping the Clock Anti-ageing Medicine Anti-aging Therapeutics The Anti-Aging Zone The Age-Free Zone Resetting the Clock Selling the Fountain of Youth The Melatonin Miracle Ageless Secrets About Growth Hormone To Build Muscle Mass, Increase Bone Density, And Burn Body Fat! Growth Hormone Resistance A New Way to Age The Hormone Solution Superfoods The Beverly Hills Anti-Aging Prescription The Anti-aging Hormones that Can Help You Beat the Clock Anti-Aging for Dogs Younger Hormones Explained Aged to Perfection Anti-Aging Therapeutics Volume XV Sex Hormones in Neurodegenerative Processes and Diseases Anti-Aging Cures Anti-aging Therapeutics Hormone Synergy -- Optimal Aging and Hormone Balance Anti-Aging Therapeutics Volume XVI Antiaging 101: Course Manual Natural Hormone Balance for Women Moods, Emotions, and Aging I'm Too Young for This! The Secret Female Hormone Bio-Young Counterclockwise Ten Weeks to a Younger You The Official Anti-aging Revolution Aging is a Treatable Disease Heal Extreme Dose! Melatonin the Miracle Anti-Aging Hormone Anti-Alzheimer's Hormone Anti-Baldness Hormone Menopause Reversal Hormone

The Anti-Aging Hormones

Offers advice on all aspects of caring for an aging pet, including maintenance of a safe home environment, appropriate exercise, canine first aid, and health maintenance

Textbook of Men's Health and Aging

Antiaging 101 empowers us with the knowledge and tools required to slow the aging process. Structured in the format of a college lecture series, Antiaging 101 explains the lifestyle changes necessary to obtain and maintain optimal health and vitality. Learn how and why your diet, exercise program, supplements, hormones, and stress reduction impact your health and aging. By learning this material you will empower yourself and your family to make intelligent choices that will impact your health immediately. After this course you will know what foods to eat, what supplements to take, what exercise to do, and what hormones to utilize. Yes the program takes sacrifice and commitment, but in return you will have more energy, strength, and stamina. You will look better and you will be healthier. You will realize that each day, instead of being another step toward getting older, is actually an opportunity to get younger.

Stopping the Clock

How man's best friend could help cure man's greatest scourge: "An Emperor of All Maladies for dog lovers" (Dr. Sarah Boston, author of Lucky Dog: How Being a Veterinarian Saved My Life). Drawn from extensive research, on-the-ground reporting, and personal experience, this book explores the fascinating role dogs (and cats) are playing in the search for cures for cancer. Learn how veterinarians

and oncologists are working together to discover new treatments—cutting-edge therapies designed to help both animals and people suffering from cancer. Heal introduces readers to the field of comparative oncology by describing several research projects aimed at finding new therapies for cancers that are similar in dogs and people, including lymphoma, osteosarcoma, breast cancer, melanoma, and gastric cancer. The author, who lost her sister to gastric cancer, also writes about the emerging science behind the remarkable ability of dogs to sniff out early stage cancer and the efforts underway to translate that talent into diagnostic devices for early detection of the disease. In the course of bringing these dogs and their human companions to life, Arlene Weintraub takes her own personal journey from grief to healing, as she shows how man's best friend might be the key to unlocking the mysteries of cancer. "Readers will share Weintraub's growing appreciation for the canine and feline subjects (and their owners) who are helping to advance cancer research." —Publishers Weekly

Anti-ageing Medicine

The book provides chapters on sex hormones and their modulation in neurodegenerative processes and pathologies, from basic molecular mechanisms, physiology, gender differences, to neuroprotection and clinical aspects for potential novel pharmacotherapy approaches. The book contains 14 chapters written by authors from various biomedical professions, from basic researchers in biology and physiology to medicine and veterinary medicine, pharmacologists, psychiatrist, etc. Chapters sum up the past and current knowledge on sex hormones, representing original new insights into their role in brain functioning, mental disorders and neurodegenerative diseases. The book is written for a broad range of audience, from biomedical students to highly profiled medical specialists and biomedical researchers, helping them to expand their knowledge on sex hormones in neurodegenerative processes and opening new questions for further investigation.

Anti-aging Therapeutics

Ask yourself these life-changing questions: Why am I aging? Is it too late to reverse aging? What type of diet will increase my sexual energy and desire? What is my biological Internet? How do my hormones control aging? Can I make my hormones communicate more effectively? Do high-carbohydrate diets accelerate aging? How does stress reduce brain longevity? What are passing grades on my Anti-Aging Report Card? Begin you Anti-Aging lifestyle today! The Anti-Aging Zone includes: A week of Anti-Aging Zone meals for males and females Anti-Aging Zone meals for the business traveler Anti-Aging Zone meals in fast-food restaurants A simple, at-home Anti-Aging Zone exercise program.

The Anti-Aging Zone

Presents the latest information on the substances & techniques that can help turn back the clock - restore energy & vitality etc. Includes chapters on: melatonin, testosterone, antioxidants, stress etc.

The Age-Free Zone

Resetting the Clock

Selling the Fountain of Youth

At this moment, one in three Americans is entering midlife, and many are wondering, "How did I get to be this old?" Plenty will turn to miracle creams, injections, fillers, and surgery to reverse the hands of time, but Kessler investigates the largely unexplored side of anti-aging: what it takes to be younger, not just look younger. Guided by an open but pleasantly skeptical mind, a thirst for adventure, and a sense of humor, she investigates America's youth obsession and decides, on a very personal level, what to do about it. She is at once the careful reporter, the immersion journalist, the self-designated lab rat, and a midlife woman who is not interested in being as old as her driver's license insists she is. Counterclockwise is a lively quest to discover how to maintain stamina, vitality, fortitude, and creativity right to the very end. "The human smile is an anti-gravity device. Kessler's delightful, witty book actually takes 20 yearsoff your face!"—Mary Roach, author of Stiff and Gulp

The Melatonin Miracle

Perfection in your primeDo you long for the mental and physical stamina of youth? Is your retirement fund swelling while fading vitality threatens the fruits of your labor? Will your future be walking the vineyards of Italy, or will your strength only stretch to a quiet bottle of vino? If you dream of restoring your sense of adventure and passion, then this book is your wake-up call. Certified anti-aging specialist Dr. Roger Garcia has spent his career developing what all doctors want for their patients: the route to a future of vibrant health and longevity. He journeyed through the broken bodies and spirits of hospital emergency rooms, family practices, addiction centers and cosmetic clinics. He even joined the very elite ranks of physicians who are licensed as trial lawyers in an effort to deliver and legally protect the preventive medicine that he knew would lead to a lifetime of health and vitality for his patients. Despite his vast knowledge, Dr. Garcia's humility, compassion and openness set him apart as a superior healer. With simple language and inspiring examples, he explains important breakthroughs in age-delaying treatment, including naturally safe, bioidentical hormones, optimal nutrition, effective exercise, healthy relationships and powerful attitudes. But, more importantly, he explains how taking action in every area can massively amplify the outcome and actually reduce age-related symptoms. The foundation for Dr. Garcia's approach is using bioidentical hormones, which are safe, plant-based supplements that are molecularly identical to human hormones, to restore what age and environmental or lifestyle factors have destroyed. Dr. Garcia shows how they help to steadily rebalance the body, healing its intricate systems and turning back our biological clock for more vibrant, youthful vitality. Wealth without health is meaningless. Age well. Age to perfection.

Ageless

The Official Anti-Aging Revolution Teaches You How to Live Longer, Healthier, and Happier. This book will give you a clear understanding of the biological processes involved in aging, the ten key body systems where decline first begins, and the culprits largely responsible for tripping the clock: vitamin and mineral deficiencies and diminishing hormone levels. Learn how to weigh the pros and cons of hormone therapy, naturally stimulate your hormone production, replenish your nutrient stores, strengthen your immune system, nourish your body, burn fat and build lean muscle, revitalize in your sleep, combat skin aging, and maintain a youthful mind and spirit. Featuring The Official A4M Longevity Test to identify how old or young you really are, and the personal life extension programs of more than two dozen anti-aging specialists, The Official Anti-Aging Revolution is the essential resource for anyone who wants to learn how their bodies work, how they age, and what they can do about it. Ronald Klatz, MD, DO is a long-time scientific pioneer and innovator. Dr. Klatz originated the term "anti-aging" and has been recognized as the "Guru of anti-aging" by Business Week.

Secrets About Growth Hormone To Build Muscle Mass, Increase Bone Density, And Burn Body Fat!

Are you tired of searching for the fountain of youth? Well, look no more. In this book, Nevada medical oncologist Dr. James Forsythe, one of the world's leading anti-aging experts, reveals how to slow and even reverse the aging process. Based on meticulously researched clinical evidence, this book provides an account of revolutionary anti-aging treatments that can prevent the health conditions associated with getting old. The key to youth, good health, and vitality as we age comes from our body's Master Hormone that naturally produces human growth hormone (HGH). As we advance in years, the body produces less and less of this vital hormone and we begin to see and feel symptoms of the aging process. By rejuvenating the Master Hormone gland using a range of safe and natural Bio-Stimulators, as this book shows, we improve the quality and duration of the human lifespan, prevent heart disease and obesity, and maintain optimal health as we mature. The medically documented and proven benefits include: loss of body-fat mass, improved skin texture and tone, improved bone density, improved libido and sleep quality, and much more. Dr. Forsythe, who wrote the official United States government protocol for administering growth hormone to fight aging, describes how readers can harness the power of Bio-Stimulators safely, legally, and naturally, to combat the ravages of aging. The book also describes simple ways to release more growth hormone in your body by using combinations of everyday foods, exercise, and quality sleep. Backed by firm medical science evidence, Anti-Aging Cures will teach you how all of these natural cures for aging work their magic on the human body.

Growth Hormone Resistance

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.

A New Way to Age

"Women approaching midlife are plagued with insomnia, fatigue, depression, forgetfulness, low libido, and a general sense of malaise. Yet no matter what they try, they are unable to find true (or lasting) relief. They are dismissed by doctor after doctor without a definitive diagnosis- told that their symptoms are either in their heads or just an expected part of the aging process. But Dr. Kathy Maupin knows that this isn't true. As one of the country's leading experts on hormonal balance- and as a woman who experienced these symptoms herself- Dr. Maupin has identified a debilitating and largely unknown health condition that is affecting millions of women: testosterone deficiency. In *The Secret Female Hormone*, Dr. Maupin and therapist Brett Newcomb bring vital information about testosterone to the general public for the first time as they share the latest research on testosterone replacement therapy for women and its effects. Speaking in clear and practical terms, they show readers how to find the right treatment plan for their individual needs." --

The Hormone Solution

By the author of the bestseller *THE MIRACULOUS RESULTS OF EXTREMELY HIGH DOSES OF THE SUNSHINE HORMONE VITAMIN D3 MY EXPERIMENT WITH HUGE DOSES OF D3 FROM 25,000 to 50,000 to 100,000 IU A Day OVER A 1 YEAR PERIOD* The author shares the amazing secrets of a lifetime of high-dose melatonin experiments on himself and others!

Superfoods

The Beverly Hills Anti-Aging Prescription

"From a certified nutritionist and scientist, a groundbreaking, easy to follow, all-natural anti-aging program using vitamins, natural oils, and many common foods that will help you look and feel younger"--

The Anti-aging Hormones that Can Help You Beat the Clock

Dr. Selma Rashid is a leading figure in hormone replacement therapy and anti-aging medicine. She is board-certified in internal medicine, yet refuses to practice medicine through standard medical protocols, which are not in her patients best interests. She passionately seeks answers to preventing the diseases and dysfunctions of aging. Her career in medicine was inspired by the complexity of the endocrine system. Very soon she was disheartened to learn that endocrinology operates like almost every other field of medicine, in a tight box of protocols, trying to treat diseases with medications and procedures, directed by the pharmaceutical and medical device companies. At every stage of her medical training she was perplexed as to why there was so little connection between the basic sciences learned in the first two years of medical school and the clinical training in the last two years. Although so much in medicine seemed noble and invaluable, most of what was going on did not make sense. The essence of her

thought process is that the medical system should do everything possible to ensure that the diseases of aging are maximally prevented; and every person dies their natural death while fully functional, both physically and mentally.

Anti-Aging for Dogs

Discusses the uses and misuses of manufactured hormones to elevate mood, increase immunity to disease, and slow aging.

Younger

Proceedings of the Twentieth World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies, Spring and Winter Sessions

Hormones Explained

New Anti-Aging Secrets for Maximum Lifespan is the only comprehensive primer on life-enhancing, life-extending medical care written by the founder of anti-aging medicine. This book provides sensible do-it-yourself tips to help readers live long and rewarding lives. New Anti-Aging Secrets for Maximum Lifespan even includes anti-aging programs for pets! New Anti-Aging Secrets for Maximum Lifespan synthesizes the latest cutting-edge research findings and clinical observations on the newest and most important model for healthcare in this new millennium: anti-aging medicine. This book is an excellent primer on how to take charge of your health destiny to maintain your overall youthfulness throughout your life. "With increasing longevity for an increasing segment of the population, anti-aging medicine is the healthcare frontier for the new millennium." -- Vernon Howard, Ph.D., Tufts University / Harvard University (Ret.)

Aged to Perfection

The quest for lasting youth, vigor, and sexual potency has reached a new frontier, and this fact-filled investigation, *The Anti-Aging Hormones* (Crown, 1997) discusses the latest results in clinical testing of hormones. Drawing on the most current research by the National Institute of Aging, nationally known health expert Ruth Winter investigates the uses and misuses of testosterone, melatonin, estrogen, and other manufactured hormones. Her book tackles the most challenging medical questions in a field that has captured the imagination of millions of aging baby boomers. *The Anti-Aging Hormones* explores these questions and more: Which hormones can elevate mood and increase brain activity? Will growth hormones restore vigor and muscles in men? Is melatonin the time keeper that determines how fast we age and how long we live? How effective are thymus gland hormones in immunizing us from infections and cancer? Can estrogen prevent Alzheimer's in both men and women?

Anti-Aging Therapeutics Volume XV

Do you find yourself frequently moody and tired? Are you forgetting things more easily and often? Stressed out by life's daily challenges? Do you look in the mirror

and wonder where your healthy body and youthful appearance have gone? It doesn't have to be that way. Turn back the clock and improve your quality of life. For the first time ever, Dr. Andre Berger, renowned anti-aging physician and founder of the Rejuvalife Vitality Institute in Beverly Hills, shares expertise from his years of practice in the youth and wellness capital of the world. This groundbreaking book translates the medical science of gene expression into clear, simple solutions. By integrating a balanced approach to diet, exercise, quality sleep, and stress management you can prevent the debilitating illnesses that come with age (heart disease, diabetes, obesity). Read Dr. Berger's prescription herein to maintain your youthful appearance and mental clarity, along with physical health and vigor.

Sex Hormones in Neurodegenerative Processes and Diseases

The 21st century technological development is revolutionizing medicine and health care, bringing new hopes to human suffering by offering cures and treatments which were unthinkable a few decades ago. This is where anti-ageing medicine finds its niche. Anti-ageing medicine aims at slowing, arresting, and reversing phenomena associated with ageing by merging biotechnological innovation and engineered solutions. Ideally, by means of the newest medical technology, the "body machinery" should be kept fit and at peak performance all life long. Early detection of age-related dysfunction should thus be "fixed" at any age with interventions such as metabolic fine tuning, enhancement, regeneration, restoration or replacement of "body parts" (i.e. organs, skin, bone or muscle). It covers a vast array of domains: from cell therapy to pharmaceutical interventions, from bio-surgery to aesthetic surgery, from human enhancement to fortified food, from smart housing and robots to toxic-free environments. Anti-ageing medicine holds promises but also significant risks and safety issues which are addressed in this book. It presents the latest scientific evidence on what works or does not work. It also provides public policy recommendations to ensure the protection of consumers and their rights while encouraging research and development. This book is intended for academics, health professionals, business persons, consumers and policy-makers interested in the latest evidence and ethical issues about anti-ageing medicine.

Anti-Aging Cures

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 "is at the forefront again, bringing seminal information to people, written in a way that all can understand" (Ray Kurzweil, author of *How to Create a Mind*) with this revolutionary philosophy for a longer and better-quality life that will make you feel like you've just had the best checkup ever. 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, clearheadedness, 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 but unearth the fountain of youth.

Anti-aging Therapeutics

Can you really feel better as you get older? Is aging without illness possible? Is your own internal fountain of youth waiting to be discovered? Yes, yes, and YES! says Suzanne Somers, the bestselling author of *The Sexy Years*. It can all be true when you take advantage of the science of antiaging medicine—a revolutionary approach to achieving the ageless life. Suzanne Somers has already introduced millions of women to bioidentical hormone replacement therapy and changed the way we look at menopause. Now, in *Ageless*, Suzanne introduces an inspiring, medically validated approach to reversing the aging process and maintaining a healthy, vibrant, mentally sharp, sexually active life—while building the body's natural defenses against age-related diseases. Suzanne talks about:

- How antiaging medicine can help detox the body of harmful pollutants and chemicals and strengthen our weakest glands and organs
- The dangers of perimenopause and how women can treat it
- Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of hysterectomies, and how to restore your body to perfect hormonal balance after having one
- How andropause is a real condition for men, and how men can lose weight, regain their youthful physiques, and restore health, energy, and sexuality, all through bioidentical HRT
- The importance of sleep and the healing work that nature does during this time to balance hormones and increase energy

In this “antiaging bible,” Suzanne brings together prominent, Western-trained antiaging doctors to show how the traditional medical approach is woefully inadequate. Its standard of care has been to treat all symptoms with drugs, but in *Ageless* you will find out how this approach does not make us better. With antiaging medicine you can heal your body rather than keep a chronic condition at bay with drugs. *Ageless* shows you how to keep your “insides” young, and how this manifests on the outside. From the Hardcover edition.

HormoneSynergy -- Optimal Aging and Hormone Balance

NEW YORK TIMES BESTSELLER The New York Times bestselling author of *The Hormone Cure* and *The Hormone Reset Diet* shows every woman how to create a lifestyle that will help her look great, feel energized, and slow down the effects of aging. Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long line of Alzheimer's, cancer, or heart disease? Will nothing help your aging skin or declining libido or flagging energy? This book is for you. The body is magnificent but it doesn't come with a lifetime warranty, or an operating manual. You're the result of millions of years of evolution, but many of the adaptations that helped your ancestors survive are now working overtime to

accelerate the aging process. The assumption here is that we are our genes and therefore trapped by the past. The good news is that your genetic code—the DNA sequence that is the biochemical basis of heredity—can play a minor role in the way you age. The scientific reality is that 90 percent of the signs of aging and disease are caused by lifestyle choices, not your genes. In other words, you have the capability to overcome and transform your genetic history and tendencies. Harvard/MIT—trained physician Sara Gottfried, M.D. has created a revolutionary 7-week program that empowers us to make the critical choices necessary to not just look young, but also feel young. Dr. Gottfried identifies and builds this book around the five-key factors that lead to accelerated aging -the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. The 7-week program addresses these factors and treats them in an accessible and highly practical protocol and is as follows: Feed—Week 1 Sleep—Week 2 Move—Week 3 Release—Week 4 Expose—Week 5 Soothe—Week 6 Think—Week 7 Younger increases not only your lifespan, but also your healthspan. Dr. Gottfried's program makes it possible to change the way you age, stay younger longer, and remain healthy and vibrant for all of your days.

Anti-Aging Therapeutics Volume XVI

The first edition of "Textbook of Men's Health" did much to establish and define the scope of the emerging subspecialty of aging men's health. This revised and updated edition, with new sections on basic sciences and sexual dysfunction, has a small but significant change of approach - reflected in the new title. The central mission of the new editi

Antiaging 101: Course Manual

Enter The Age-Free Zone You have the power to reverse aging -- beginning with your next meal! Ask yourself these life-changing questions: Is it too late to reverse aging? What type of diet will increase my sexual energy and desire? Can I make my hormones work more effectively? Do high-carbohydrate diets accelerate aging? How can I reduce free-radical-induced aging? How does stress reduce brain longevity? No one wants to get old or show the signs of age. In this breakthrough book Dr. Barry Sears goes beyond looking at food simply as a source of calories and explains the incredibly powerful biological effects it has on your hormones. In addition to unravelling the mysteries of your hormones and their role in aging, Dr. Sears reveals the essential dietary information you need to start your own age-reversal journey. Begin your age-free lifestyle today! The Age-Free Zone includes: A week of Age-Free Zone meals for men and women Age-Free Zone meals for the business traveller Age-Free Zone meals in fast-food restaurants A simple, at-home Age-Free Zone exercise program

Natural Hormone Balance for Women

The beauty industry-which once revolved around creams and powders, subtle agents to enhance beauty-has become the anti-aging industry, overrun with steroids, human growth hormone injections, and "bio-identical" hormones-all promoted as "cures" for getting old. Acclaimed BusinessWeek science reporter

Arlene Weintraub takes us inside this world, from the marketing departments of huge pharmaceutical companies to the backroom of your local pharmacy, from celebrity enthusiasts like Suzanne Somers and Oprah to the self-medicating doctors who run chains of rejuvenation centers, all claiming that we deserve to be forever young-and promising to show us how. Weintraub reveals the shady practices that run rampant when junk science and dubious marketing meet consumer choice. She shows for the remarkable economic and cultural impact of anti-aging medicine, on the patients who partake and on the rest of us. It's not a pretty story, but Weintraub tells us everything we need to know to avoid being duped by this billion-dollar-and dangerous-hoax.

Moods, Emotions, and Aging

Proceedings of the Twenty-First World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies, sponsored by the American Academy of Anti-Aging Medicine (A4M)

I'm Too Young for This!

In this lively, illustrated overview, well-known raw-foods guru Wolfe profiles delicious and incredibly nutritious superfoods--vibrant, nutritionally dense foods that offer tremendous dietary and healing potential.

The Secret Female Hormone

HormoneSynergy is a map that will guide you to the realm of hormone balance and optimal aging. This book includes a description of how aging happens, what hormones are and what they do, and 8 steps for achieving HormoneSynergy and optimal aging. Thoroughly referenced and completely practical, this book is a comprehensive guide to achieving optimal aging and hormone balance.

Bio-Young

Hormone Replacement Therapy is vital for women, and there is a lot of confusion about it in both the medical community and among women. This book presents the science behind bio-identical hormones and describes why these hormones are so important for women, especially at midlife.

Counterclockwise

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

Ten Weeks to a Younger You

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 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 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 From the Hardcover edition.

The Official Anti-aging Revolution

GROWTH HORMONE (GH) IS A HOT TOPIC. It seems that all of the movie stars, celebrities, and body-builders are taking it, and they look fantastic. Baby boomers interested in anti-aging are taking it and saying that it keeps them young. But you may have heard that it is expensive and dangerous. So what's the story? What are your options? Do you need it? Should you take it? How do you use it? Can you afford it? How can you raise GH naturally? We will see how GH levels drop as we get older, when to intervene, and what treatment options are available to optimize health. Carefully read this book before making any decisions about using GH supplements. This book could save you from an early death, either from using risky supplements or from not doing anything at all. You will learn how to determine if you need GH replacement. You will find out how to get tested and what tests you will need. You will learn what options you have for GH replacement, risks, side effects, and affordability.

Aging is a Treatable Disease

Examining growth hormone resistance, this text includes coverage of such topics as: growth hormone receptor signalling; metabolic actions of growth hormone - direct and indirect; and IGF bioactivity and its modification in growth hormone resistance in childhood.

Heal

An easy-to-follow anti-aging program draws on the principles of natural hormone replacement to promote a healthier, younger-looking skin, weight control, muscle tone, enhanced energy and sexual function, better sleep habits, balanced moods, better memory, and more. Reprint.

Extreme Dose! Melatonin the Miracle Anti-Aging Hormone Anti-Alzheimer's Hormone Anti-Baldness Hormone Menopause Reversal Hormone

Discover the Hormone Revolution--you can look and feel young forever!

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