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Revitalize Your Hormones Book

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**Revitalize Your Hormones Dr Dale's 7
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*Hormones for Women | 6 Natural
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**Revitalize Your Hormones Dr Dale's 7
Steps to a Happier, Healthier, and
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Naturally with Dr. Josh Axe | Real Life
Living Well Dr. Theresa Dale: Rejuvenate
Hormones, Don't Replace Them **Balance**
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Balance Hormones with Supplements

Recommendations to Rejuvenate
Hormones | Restore Your Hormone

**Balance 135: Heal Your Hormones and
Reverse the Ageing Process with Dr
Sara Gottfried (HIGHLIGHTS)** How to
Balance Your Hormones for Women
Hormonal Weight Gain Causes (and How

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Wearing V-Line Lifting Band 7 Keys to
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~~and lose weight~~ *How to Naturally Balance
Your Hormones with Essential Oils Signs
of a Possible Hormonal Imbalance* ~~How to
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Replacement Options~~ *Hormones are the
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Balanced My Hormones and Got Pregnant

Weight Loss Trouble? 'Reset' Your
Hormones Dr. Theresa Dale: What Type
of Natural Practitioner is Best to Use?

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Revitalize Your Hormones. Dr. Dale's 7
Steps to a Healthier, Happier and Sexier

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You. A scientifically proven, 100 percent natural program to safely restore hormone balance in women. Are you wary of recent studies that warn of the dangers of artificial hormones? More and more women and men are looking for alternatives to hormone replacement therapy.

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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

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optimal amounts of hormones—it's all a matter of stimulating it to do so. More ...

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Revitalize Your Hormones shows you
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Theresa Dale (Paperback, 2005) at the best
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AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. In AARP Revitalize Your Hormones, Dr. Theresa Dale provides a scientifically proven, 100 percent natural way to restore your body's hormonal balance and become the beautiful, sexy, vibrant woman you were meant to be.

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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

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you how to have them all safely and naturally--without risky hormone replacement treatments. World-renowned naturopathic physician Dr. 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,

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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

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includes: * A hormone-revitalizing diet and nutritional program including many scrumptious recipes * A whole-body detoxification program * A personal biological age assessment quiz * Expert guidelines on hormone rejuvenation and healing through homeopathy * Step-by-step action plans to help you gauge your

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progress and stay on track Let Dr. Dale show you how to help your body do what it was designed to do--and start looking and feeling your best.

A scientifically tested guide to re-energizing life focuses on how women can restore their hormone balance, warning of

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the risks of artificial hormones while promoting natural solutions to the hormone imbalance problem. Original.

"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

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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

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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-

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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

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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,

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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 *

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Expert guidelines on hormone rejuvenation and healing through homeopathy * Step-by-step action plans to help you gauge your progress and stay on track Let Dr. Dale show you how to help your body do what it was designed to do--and start looking and feeling your best.

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HANGRY IS THE COMPREHENSIVE HORMONE BOOK WE'VE BEEN WAITING FOR. Get ready to restore your joy, heal your hormones, and reset your metabolism in just four weeks. Sarah

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Fragoso, the bestselling author and creator of Everyday Paleo, and Dr. Brooke Kalanick, a leading expert in functional medicine and women's health, bring you the ultimate guide to feeling your best. Hangry offers women a one-of-a-kind plan that is uniquely customizable to your individual hormonal imbalances, with

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Special attention paid to challenges such as low thyroid, PCOS, perimenopause, menopause, and autoimmunity. Not sure if you're HANGRY? • Are you too tired to be happy? • Do you feel like your metabolism is MIA? • Is your plate overflowing with expectations, work, and stress? Hangry honors ALL of your

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hormones and each aspect of your life:
food, exercise, nutrition, and lifestyle.
This program will take you from feeling
stressed out and frustrated—and really
freaking tired!—to healthy, happy, and at
home again in your body. Join the
program that's already changing
lives—you will look and feel your best,

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slow down aging, decrease inflammation, and rediscover your joy with this one-of-a-kind customizable plan based on balancing five key hormones by using our five simple habits supported by our five mindset pillars.

The instant New York Times bestseller

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The New York Times Best Selling author of *The End of Alzheimer's* lays out a specific plan to help everyone prevent and reverse cognitive decline or simply maximize brainpower. In *The End of Alzheimer's* Dale Bredeisen laid out the science behind his revolutionary new program that is the first to both prevent

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and reverse symptoms of Alzheimer's disease. Now he lays out the detailed program he uses with his own patients. Accessible and detailed, it can be tailored to anyone's needs and will enhance cognitive ability at any age. What we call Alzheimer's disease is actually a protective response to a wide variety of insults to the

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Steps: inflammation, insulin resistance, toxins, infections, and inadequate levels of nutrients, hormones, and growth factors.

Bredesen starts by having us figure out which of these insults we need to address and continues by laying out a personalized lifestyle plan. Focusing on the Ketoflex 12/3 Diet, which triggers ketosis and lets

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the brain restore itself with a minimum 12-hour fast, Dr. Bredesen drills down on restorative sleep, targeted supplementation, exercise, and brain training. He also examines the tricky question of toxic exposure and provides workarounds for many difficult problems. The takeaway is that we do not need to do

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the program perfectly but will see tremendous results if we can do it well enough. With inspiring stories from patients who have reversed cognitive decline and are now thriving, this book shifts the treatment paradigm and offers a new and effective way to enhance cognition as well as unprecedented hope to

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sufferers of this now no longer deadly disease.

First person stories of patients who recovered from Alzheimer's Disease--and how they did it. It has been said that everyone knows a cancer survivor, but no one has met an Alzheimer's survivor –

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until now. In his first two books, Dr. Dale Bredesen outlined the revolutionary treatments that are changing what had previously seemed like the inevitable outcome of cognitive decline and dementia. And in these moving narratives, you can hear directly from the first survivors of Alzheimer's

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themselves--their own amazing stories of hope told in their own words. These first person accounts honestly detail the fear, struggle, and ultimate victory of each patient's journey. They vividly describe what it is like to have Alzheimer's. They also drill down on how each of these patients made the program work for

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them--the challenges, the workarounds, the encouraging results that are so motivating. Dr. Bredeesen includes commentary following each story to help point readers to the tips and tricks that might help them as well. Dr. Bredeesen's patients have not just survived; they have thrived to rediscover fulfilling lives,

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rewarding relationships, and meaningful work. This book will give unprecedented hope to patients and their families.

This year 192,300 women in the United States will develop breast cancer. Every two to three minutes another woman will learn she has this disease. Although many

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books have been written about breast cancer, most focus on just a single aspect of the disease. Breast cancer survivor Sheryl Ellinwood researched its multiple fronts--prevention, politics, standard treatment, alternative treatment, and more--before making her treatment decisions. She discovered that knowledge

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provides power. Doing research enabled her to avoid a life-threatening mistake and to choose the right treatment. In

Empowered, she shares findings that you may not be aware of-woman-to-woman, clearly, and comprehensibly-and then provides links to in-depth information on each topic. She also explains the risks and

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benefits of food choices, the role of hormones and mineral deficiencies in breast cancer growth, and how to avoid cancer-causing toxins. She examines how these factors create an environment for breast cancer to grow and explains how women can make choices that reduce their risk. In Empowered, Sheryl helps other

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women by leading them step-by-step through the process of doing their own research so they will be sure to choose the best treatment.

A doctor specializing in integrative, natural and aesthetic medicine provides a research-based, month-long plan to help

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women restore their healthy hormone levels to lose weight, improve moods and increase vitality, through lifestyle modifications and nutritional adjustments and supplements.

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian

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syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches,

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irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their

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lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about

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hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

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