

Thierry Hertoghe The Hormone Handbook

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 heath, 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 bay with drugs. Ageless shows you how to keep your “insides” young, and how this manifests on the outside.

You know the experiences all too well. You can't sleep, so you start your day feeling exhausted. Seemingly overnight, you can't remember names, places, appointments—things you could previously recite at the drop of a hat. You want to be more active, but you have zero energy for that. And sex? Forget it! By now, you've probably been told this is "normal," or that it's the "natural" course of aging. And you might even believe it, because so many women approaching midlife have the exact same symptoms. In fact, millions of women worldwide are undiagnosed and untreated for hormone deficiency. As one of the country's leading experts on hormonal balance—and as a woman who experienced these symptoms herself—Dr. Kathy Maupin has identified a debilitating and overlooked health condition: testosterone deficiency syndrome, or TDS. Most people associate testosterone with men, but it's one of the most vital hormones in women, and one of the first hormones that women begin to lose as they enter their 40s. And Dr. Maupin's own research has shown that the symptoms of aging—fatigue, memory loss, moodiness, low libido, and so much more—are initiated and accelerated by testosterone loss. In this book, Dr. Maupin and therapist Brett Newcomb show how testosterone replacement can radically improve your life. They share the history and background of hormone replacement therapy, the latest research on treatment options, as well as:

- Tips for dealing with mood swings, changes in sex drive, and maintaining healthy relationships
- Surprising information on the long-term effects and health risks of testosterone loss
- Common myths and misconceptions regarding estrogen and testosterone replacement therapy
- Questionnaires to help you determine your individual hormone deficiencies
- Real stories and personal experiences

Dr . Maupin's patients share Clear, practical, and easy-to-use, this authoritative guide sheds light on the importance of testosterone and will help you reclaim your physical, mental, emotional, and spiritual health.

Turning thirty years of medical and cultural wisdom on its head, Sex, Lies, and Menopause challenges both the medical establishment and modern feminists to prove that menopause does not have to be deadly. In this revolutionary work -- a landmark that signals the true beginning of feminist medicine -- a doctor, a philosopher, and a scientist prove that by postponing marriage and motherhood, women have accelerated the aging process, resulting in earlier menopause and, ultimately for thousands, earlier death. In Sex, Lies, and Menopause, T. S. Wiley, Julie Taguchi, M.D., and Bent Formby, Ph.D., offer strong evidence that the use of synthetic hormones leads to cancer and advise women to turn to natural hormone-replacement therapy -- derived from plants, not drugs -- to help them elevate their estrogen level for greater energy, libido, and intellectual capacity. Provocative, empowering, and scientifically sound, Sex, Lies, and Menopause addresses the inherent benefits of natural progesterone, reveals the lies advanced by the medical and drug establishments, and challenges women to demand a medical future where their health comes first. The research presented in Sex, Lies, and Menopause will at last allow women to create their own plan of action to put themselves safely on the path to better health and hormonal balance at any stage of life.

Draws on the expertise of eight doctors whose cutting-edge methods are enabling unprecedented cures, sharing the celebrity author's personal experiences as well as the survival stories of other cancer patients while identifying lifestyle strategies and challenging mainstream practices. By the best-selling author of Ageless.

The Hormone Solution

How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free

The New Hormone Solution

The Shocking Truth About Synthetic Hormones and the Benefits of Natural Alternatives

The Russian Eye-drop Breakthrough: the Story of N-acetylcarnosine

Nature's Age-Reversing, Disease-Fighting, Sex-Enhancing Hormone

Testosterone for Life: Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health

*The Hormone Solution*Stay Younger Longer with Natural Hormone and Nutrition TherapiesHarmony

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

Hormonal imbalances can occur at any age—before, during, or after menopause—and for a variety of reasons. While most hormone-related problems are associated with menopause, fluctuating hormonal levels can also cause a variety of other conditions, and for some women, the effects can be truly debilitating. What You Must Know About Women's Hormones is a clear guide to the treatment of hormonal irregularities without the health risks associated with standard hormone replacement therapy. This book is divided into three parts. Part I describes the body's own hormones, looking at their functions and the problems that can occur if these hormones are not at optimal levels. Part II focuses on the most common problems that arise from hormonal imbalances, such as PMS, hot flashes, and endometriosis. Lastly, Part III details hormone replacement therapy, focusing on the difference between natural and synthetic hormone treatments. Whether you are looking for help with menopausal symptoms or you simply want to enjoy vibrant health, What You Must Know About Women's Hormones can make a profound difference in your life.

Hormones regulate our bodies and run our lives—when they're in balance we feel great, look beautiful, are fertile and sexual, and enjoy every moment of our existence. When they're out of balance, whether during adolescence, pregnancy, menopause, or from medication or surgically induced, it can lead to devastating conditions like infertility, postpartum depression, insomnia, weight gain, loss of libido, memory loss, and unnecessary tests and surgeries. Erika Schwartz, MD, is the leading authority on hormone supplementation in wellness and disease prevention. In The New

Hormone Solution Dr. Erika shares her successful, proven program to help women (and men) of all ages prevent and eliminate the symptoms of hormone imbalance in an integrated and caring approach. Learn what hundreds of thousands of healthy men and women have learned from following Dr. Erika's unique and caring programs. In The New Hormone Solution, you'll discover: How to identify the symptoms of hormone imbalance at different stages in your life from teens, twenties, thirties, forties, and beyond. What the safe and easy options are for treatment of hormone imbalance. How to integrate conventional medicine with mind and body care and prevent disease at all ages. How to choose the right options for your hormones and supplements. How to take ownership of your health and avoid becoming a victim of uncaring and money-hungry systems. How the cutting edge scientific data, statistics and clinical cases from the practice of Dr. Erika can be applied to your needs.

Sex, Lies, and Menopause

History of Osteopathy

The Hormone Handbook

The Secret Female Hormone

A Quick Reference Guide Therapy for the Physician ; the Keys to Safe Hormone Replacement Therapies ; Also Adapted for Patients who Want to Understand the Details of Their Treatments

Logic Made Easy: How to Know When Language Deceives You

SAFE USES OF CORTISOL

The Essential How-to Guide to Symptoms, Dosage, Timing, and More

"Fitness, money, and wisdom--here are the tools. Over the last two years ... Tim Ferriss has collected the routines and tools of world-class performers around the globe. Now, the distilled notebook of tips and tricks that helped him double his income, flexibility, happiness, and more is available as Tools of Titans"--Page 4 of cover.

Introduces a program designed to stimulate the body's human growth hormone to help readers reverse the aging process, strengthen the immune system, enhance sex life, and improve memory and thinking ability

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.

The Third Edition of this popular book brings up to date the material that so many readers found helpful in the previous editions. The text has been revised and reorganized with current chapters focusing on the history of cortisol use, sources of confusion regarding cortisol therapy, the significance of normal adrenocortical function, generally accepted uses of physiological dosage, viral infections, miscellaneous clinical conditions, and future directions for research and therapy. The author provides explanation and confirmation of the rationale for the effectiveness and safety of the uses of physiological dosages of cortisol in the treatment, not only of patients with rheumatoid arthritis and other autoimmune disorders, but also of patients with chronic allergies, chronic fatigue syndrome, gonadal dysfunction, infertility, shingles, acne, hirsutism, respiratory infections, and other less common disorders. It is a known fact that the influenza virus attacks the human body by impairing the production of the adrenocorticotrophic hormone (ACTH), which, in turn, impairs the production of cortisol; the only hormone that is absolutely essential for life. In addition, within the past two years, a new infection has developed in central China and has been labeled Severe Acute Respiratory Syndrome (SARS). The ACTH hormone and the SARS epidemic is addressed, and it is hoped that this type of cortisol therapy will not only be helpful in the treatment of the various disorders mentioned but will lead to a better understanding of the factors that contribute to the development of these disorders and ultimately contribute towards their prevention.

From Hyper to Hypo to Healing-breaking the Tsh Rule

12 Winning Secrets from the War Room

Stay Younger Longer with Natural Hormone and Nutrition Therapies

5 Simple Steps to Looking and Feeling Young

A New Way to Age

The Cataract Cure

The Most Cutting-Edge Advances in Antiaging

The Melatonin Miracle

This is the long-awaited follow-up to Dr. Jonathan Wright's best seller Natural Hormone Replacement for Women Over 45; the book that started the bio-identical hormone revolution. In their new updated book, with a powerful foreword by Suzanne Somers, the authors update the science, safety, and clinical successes surrounding this controversial subject and share the secrets that will allow the reader to Stay Young & Sexy.

Two political strategists offer the tools to become successful in any field, and cover everything from how to present an argument and get the message across to how to compromise and handle negative publicity.

Informative book on Adrenal Fatigue.

Many foot problems in diabetes can be prevented and often the patients are misdiagnosed, or inappropriately referred or treated. This title will be of immense use to the audience as work of reference. Diabetes mellitus is the lack of insulin leading to uncontrolled carbohydrate metabolism, the breakdown of starches and sugars into smaller units that can be used by the body for energy. Foot ulcers occur in about 15% of diabetic patients in their lifetime and hospital admissions due to foot ulcers are very common. Foot problems mostly occur when there is nerve damage in the feet or when there is poor blood flow. * Contains colour photos and pictures * Examples for identification of the patients at risk for foot ulceration * Prompt diagnosis and treatment.

(3rd Ed.)

The 21st Century Stress Syndrome

Advances in Anti-aging Medicine

The Secret to a Lifetime of Good Dental Health

The Nine Keys to Peak Health

Optimizing Your Health Through Bioidentical Hormones

The Science Explained

Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporis, PCOS, and More

Makeovers of all kinds are very popular--everything from our bodies, our finances and careers. Many women need a hormone makeover. Since every single cell in a woman's body is influenced by hormones, if there is an excess or deficiency most likely the results will be symptoms such as: Hot Flashes, PMS, Menopausal Symptoms Depression, Anxiety, Weight Gain, Insomnia, Bone Loss, Headaches, Low Sex Drive and Fatigue... These symptoms affect women physically, mentally, emotionally and even spiritually. In The Hormone Makeover-The 7 Steps to Transform Your Life with Bioidentical Hormones, Donna White makes sense of the options available to women and presents precise action steps to address hormonal imbalance. Women will learn: [If their symptoms are related to hormone imbalance [Differences between synthetic, bioidentical hormones and herbal therapies [What each hormone does in the body [Symptoms of each hormone deficiency [How to find and work with a physician [How to use bioidentical hormones and supplements to address hormone imbalance [Specific protocols for bone loss, PMS, hot flashes, depression and insomnia "Donna is one of the most knowledgeable and personable experts I know in the area of bioidentical hormones." Julius Torelli, MD FACC "She has been able to effectively apply her vast knowledge in a way that is adaptable to each individual reflecting the true art of medicine at its finest." Larry Webster, MD "Through Christian voice, research, personal experience and extensive clinical experience, Donna White triumphs." K. Andre' Sloan, RPh, MBA ..".the message and education she delivers has changed the lives of many through her passion for helping women achieve natural hormone balance." Matt Monroe, President, Peoplesway Donna White, BHRT Clinical Education Consultant, conference speaker and author, has trained dozens of physicians in BHRT and assisted in the care of thousands of women.

In The Women's Guide to Complete Thyroid Health, readers explore their family health history, assess their symptoms, and, along with their healthcare providers, create a personalized testing and treatment plan designed to restore healthy, balanced thyroid output.

"The best introduction to logic you will find."--Martin Gardner "Professor Bennett entertains as she instructs," writes Publishers Weekly about the penetrating yet practical Logic Made Easy. This brilliantly clear and gratifyingly concise treatment of the ancient Greek discipline identifies the illogical in everything from street signs to tax forms. Complete with puzzles you can try yourself, Logic Made Easy invites readers to identify and ultimately remedy logical slips in everyday life. Designed with dozens of visual examples, the book guides you through those hair-raising times when logic is at odds with our language and common sense. Logic Made Easy is indeed one of those rare books that will actually make you a more logical human being.

Can menopause be stopped? Why should it be? Learn how you can safely maintain ovarian function to prevent disease and keep your sex drive alive too!

Ageless

The MS Solution

The Tactics, Routines, and Habits of Billionaires, Icons, and World-class Performers

The Amazing Medically Proven Plan to ...

The Hormone Makeover

Stem Cell Therapy: A Rising Tide: How Stem Cells Are Disrupting Medicine and Transforming Lives

Grow Young with HGH

Comprehensive Solutions for All Your Thyroid Symptoms

How hormonal signals in one small structure of the brain—the hypothalamus—govern our physiology and behavior. As human beings, we prefer to think of ourselves as reasonable. But how much of what we do is really governed by reason? In this book, Gareth Leng considers the extent to which one small structure of the neuroendocrine brain—the hypothalamus—influences what we do, how we love, and who we are. The hypothalamus contains a large variety of neurons. These communicate not only through neurotransmitters, but also through peptide signals that act as hormones within the brain. While neurotransmitter signals tend to be ephemeral and confined by anatomical connectivity, the hormone signals that hypothalamic neurons generate are potent, wide-reaching, and long-lasting. Leng explores the evolutionary origins of these remarkable neurons, and where the receptors for their hormone signals are found in the brain. By asking how the hypothalamic neurons and their receptors are regulated, he explores how the hypothalamus links our passions with our reason. The Heart of the Brain shows in an accessible way how this very small structure is very much at the heart of what makes us human.

An informative medical guide. The Cataract Cure provides cutting-edge information about N-acetylcarnosine's effects on slowing or stopping age-related cataracts without the need for surgery.

Restore Adrenal Balance and Regain Your Energy, Vitality, and Health Your adrenal glands play a key role in helping you control stress and maintain energy throughout the day. When these small but important glands malfunction, you may start to notice the telltale signs of adrenal fatigue. Decreased energy, weight gain, mood changes, inability to handle stress, and a weakened immune system are just a few of the symptoms of adrenal imbalance. It can slow you down, interfere with your overall sense of wellness, and even make you feel depressed. If you suspect that adrenal imbalance is causing symptoms for you, this book will help you figure out what's going wrong and partner with your health care provider to find solutions. In Overcoming Adrenal Fatigue, you'll find clear self-evaluations and treatment guidelines that will empower you to take charge of your adrenal health through nutrition, vitamins, herbs, bioidentical adrenal hormone supplementation, and self-care practices.

This complete guide to optimizing adrenal health will give you the tools you'll need to get your symptoms under control and regain the energy to enjoy your active lifestyle. The complete program in this workbook will help you:

- Rebuild fatigued adrenals with balancing herbs and supplements
- Eat for all-day energy and improved concentration
- Practice mindfulness and relaxation techniques to reduce stress
- Learn about medications that can help

Presents a system that integrates diet, lifestyle changes, and nutrients and supplements to increase metabolism and regain good health.

Why it is So Hard to Shed Pounds and what You Can Do about it

Great Teeth for Life

Life Revitalization Through Bio-Identical Hormones

~ Thee Hormone Handbook

Cracking the Metabolic Code
The Hypothalamus and Its Hormones
Tired Thyroid
How I Solved the Puzzle of My Multiple Sclerosis

Stem cells are the repair cells of your body. When there aren't enough of them, or they aren't working properly, chronic diseases can manifest and persist. From industry leaders, sport stars, and Hollywood icons to thousands of everyday, ordinary people, stem cell therapy has helped when standard medicine failed. Many of them had lost hope. These are their stories. Neil H Riordan, author of MSC: Clinical Evidence Leading Medicine's Next Frontier, the definitive textbook on clinical stem cell therapy, brings you an easy-to-read book about how and why stem cells work, and why they're the wave of the future.

The MS Solution is a medical detective story following author Kathryn Simpsons path from her diagnosis of multiple sclerosis and resulting disability to a return to complete health. The discovery that her symptoms were caused by loss of key hormones (including ovarian, adrenal, and thyroid) and were resolved by replacing them is an intriguing story. Years of endocrine research allowed her to crack the mystery of MS and make the connections between MS and hormones.

A medically proven program to prevent and reverse the DNA damage that causes aging You have it in your power to retain the health, beauty, and vitality of youth well past fifty or sixty and beyond. All of us grow older, but it's a medically proven fact that how we age is a choice. With a few simple lifestyle changes, you can reap amazing visible and tangible benefits in just a few days--and this groundbreaking book shows you how. Written by an all-star team of internationally acclaimed anti-aging experts, The Anti-Aging Solution is the first guide to reveal how you can reverse aging on a genetic level. By following a uniquely effective five-step program--which includes stress-reduction techniques, easy-to-follow dietary guidelines, moderate exercise, inexpensive skin treatments, and supplements--you can reverse DNA damage, enhance DNA repair, and start to look younger, feel younger, and be younger right away. The Anti-Aging Solution shows you how to:

- * Say goodbye to aching joints, sagging skin, and fatigue
- * Improve the quality and function of the genetic material in your cells
- * Ramp up your body's self-repair functions
- * Increase your stamina, endurance, and sex drive
- * Dramatically improve your resistance to disease, including many cancers
- * Have more youthful, radiant skin

In Back to the Basics: Life Revitalization through Bio-identical Hormones, Dr. Greg Brannon addresses the health issues many face today: lack of energy, diminished cognitive ability, low libido, diabetes, dementia, cardio vascular disease, and many others. Dr. Brannon calls us to get "back to the basics" of hormonal health. He shows how Bio-Identical Hormone Replacement Therapy (BHRT) addresses these health issues and can improve your health and change your life.

Adrenal Fatigue
The Naked Truth About Bioidentical Hormones
Why You Can Not Lose Weight
The Women's Guide to Thyroid Health
How Testosterone Replacement Can Change Your Life
The Heart of the Brain
Dr. John Lee's Hormone Balance Made Simple
Buck Up, Suck Up . . . and Come Back When You Foul Up

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

Doctors aren't properly treating thyroid patients, so patients are turning to the internet for answers. Are doctors ordering the wrong lab tests? Are internet protocols safe? Read the book that separates thyroid fact from fiction. Barbara Lougheed chronicles her journey from being diagnosed as hyperthyroid with Graves' disease, to undergoing radioactive iodine treatment, and finally being treated for hypothyroidism with Synthroid (levothyroxine). She searched for her optimal dose and questioned much of what doctors and fellow thyroid patients told her. Her research findings did not agree with what she'd been led to believe, and she presents these findings, along with charts and graphs, to explain thyroid physiology and the many misconceptions that exist about thyroid treatment protocols. There are numerous medical journal references, so patients can verify the information that's presented for themselves. Medical concepts are presented in plain English, with graphs and analogies that even the layperson can understand. Read the case studies of a hypopituitary man, a woman with Hashimoto's thyroid disease, a fatigued young man with an iron loading condition, and a woman who successfully battled Graves' disease using alternative treatments. Learn why current medical treatment protocols are illogical, and why patients don't feel well when a TSH lab test determines their dose (the TSH Rule). Learn what tests to ask for instead, what a normal thyroid gland secretes, and the pros and cons of popular internet protocols. Are patients aware that there are three different types of thyroid medications, each with pros and cons, and that patients can still be hypothyroid even with "normal" labs? Is the iodine protocol, T3-only protocol to clear reverse T3, or natural desiccated thyroid a good idea for everyone? This book reveals the facts so patients can make an educated decision.

From the bestselling authors of the classic What Your Doctor May NOT Tell You books about menopause and pre-menopause comes an easy-to-use guide on balancing hormone levels safely and naturally. Dr. John Lee will help you answer key questions like: Are my symptoms caused by a hormonal imbalance? Which hormones do I need to regain hormone balance? How do I use hormones for optimal health and balance? Plus, learn how and when to use estrogen, testosterone and progesterone cream, in simple, effective language. If you want the ABCs of using natural hormones, this book is for you.

A holistic dentist shares a comprehensive approach to preventive dentistry that makes the whole person healthier, ultimately creating great teeth.

The Anti-Aging Solution
Stay Young & Sexy with Bio-Identical Hormone Replacement
Back to the Basics
Anti-aging Therapeutics
How to Stop Menopause Before It Starts
What You Must Know About Women's Hormones
Tools of Titans
Atlas of the Diabetic Foot

Provides a look at the 16 most common reasons why you can't lose weight, and guides you in conquering the obstacles that stand between you and a trimmer, healthier body.

"Dr. Morgentaler, an internationally recognized expert in sexual medicine and male hormones, shares his secrets for a healthy life." --Irwin Goldstein, M.D., Director of Sexual Medicine, Alvarado Hospital, San Diego, and Editor-in-Chief, Journal of Sexual Medicine "A highly valuable resource. Finally debunks many of the myths about testosterone's safety, which has been an impediment to its appropriate usage for far too long." --David E. Greenberg, M.D., President, Canadian Society for the Study of the Aging Male From a Harvard doctor and a leading expert on testosterone--the groundbreaking book that shows you how to raise your testosterone levels--and live your life to the fullest Better sex. Increased vitality. More muscle. Improved health. Greater mental agility. These are just a few of the life-enhancing benefits that men with low levels of testosterone can experience when they increase their testosterone level. If you've noticed a decrease in your sex drive; experienced erectile dysfunction; or felt tired, depressed, and unmotivated, this authoritative, up-to-date guide from an expert at Harvard Medical School will help you determine if you have low testosterone--a surprisingly common but frequently undiagnosed condition among middle-aged men. Learn how to: Recognize the symptoms of low testosterone Diagnose the problem with simple tests Find the treatment that's right for you Explore options your doctor might not know about Reduce your risk of cardiovascular disease and obesity

Making Your Patients Happy, Healthy and Sexually Alive
Practical hormone therapy
Hormonal Bioidentity
Knockout
Interviews with Doctors Who Are Curing Cancer--and How to Prevent Getting It in the First Place
Overcoming Adrenal Fatigue
Preventing Menopause