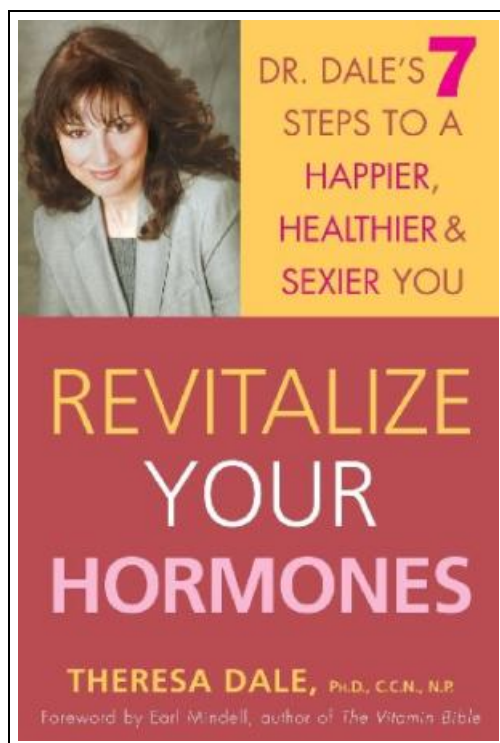


## Revitalize Your Hormones: Dr. Dales 7 Steps to a Happier, Healthier, and Sexier You



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*Comprehensive guideline for book lovers. It is really simplified but excitement in the fifty percent in the publication. Your daily life period is going to be change as soon as you full looking at this book.*  
*(Kayley Lind)*

## REVITALIZE YOUR HORMONES: DR. DALES 7 STEPS TO A HAPPIER, HEALTHIER, AND SEXIER YOU



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Wiley (TP). Paperback. Condition: New. 304 pages. Contrary to popular belief, radiant health and positive aging are your birthright. Dr. Dales 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 have seen Dr. Theresa Dales 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 bodys hormonal balance and to become the beautiful, sexy, vibrant woman you were meant to beHormone replacement therapy is highly controversial, and many women refuse it. But that doesnt 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--its 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 bodys 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 guidelines on hormone rejuvenation and healing through homeopathy Step-by-step action plans to help you gauge your progress and stay on trackLet Dr. Dale show you how to help...



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