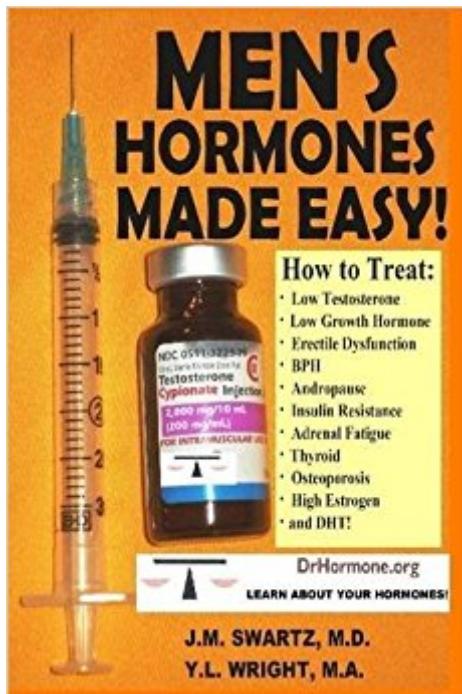


The book was found

Men's Hormones Made Easy!: How To Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, And DHT!



Synopsis

"Men's Hormones Made Easy!: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT!" See how hormone issues at any age may: wreck your relationship, make you fat, and accelerate aging and death. Learn how to safely: improve your sexual performance, increase your energy, motivation, and sex drive, and strengthen muscles and bones. Read this book and change your life! Learn how to raise your testosterone without shrinking your testicles and losing your ability to father children. Overcome erectile dysfunction, so that you don't have to take expensive drugs like Viagra. Learn what makes prostate problems worse and what makes them better. Learn about a fantastic prostate treatment that your doctor will probably not tell you about. Take control of your health and your life! "Men's Hormones Made Easy!" will show you how to create the kind of lifelong health that will allow you to pursue your passions in life. You will look great, feel great, lose weight, and have better sex!

Book Information

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Customer Reviews

The books in the Bioidentical Hormones series teach people: About the symptoms of each of the different hormone imbalances. How to find a doctor who will help you and not hurt you. Which tests to get. How to balance the hormones with each other. How to correct faulty estrogen metabolism (critical for both men and women). How to prevent cancer and heart disease, whether you use supplemental bioidentical hormones, or not. Y.L. Wright, M.A. and J.M. Swartz, M.D. enthusiastically offer to you these state-of-the-art books, which form the series, "Bioidentical Hormones." You can

trust these books, as they are fully referenced with the contributions of thousands of researchers in the field of anti-aging. Many thanks to all of you who have bought our books! Your response has been overwhelming. We are deeply grateful for the opportunity to bring this much-needed information to the attention of those who so desperately need it. We also greatly appreciate the fabulous book reviews that you write on . Your reviews are instrumental in helping people to discover these books so that they can find the answers to their own health problems. Â If we want to make this planet a better place to live in, we all need to make every effort to help each other in any way that we can. Writing a review is an easy thing to do, but it makes a big impact as it goes out to the millions of women and men searching on .

Hormone problems ARE FACED BY EVERY ONE OF US sooner or later.Â Â Your hormone problems may stem fromÂ aging.Â Your hormone problemsÂ may also have been caused by the stress of just living in our society, as well as from environmental toxins and pollution. Read or listen to our books and learn how to return to health when you haveÂ hormone problemsÂ caused by aging andÂ hormone problemsÂ that have been caused by stress and toxicity. No matter what you may have been told, you have the right to bring your hormone levels into healthy ranges, no matter how old you are.Â Restoring hormones to ideal levels is crucial to your happiness, your well-being, and your sense of purpose and belonging in the world. Read or listen to our books so that you can learn how to do these things: The first thing we need to do to overcome hormone problems is to look at each hormone-producing gland so that we can help it to return to healthÂ Of particular concern are the functioning of the adrenals, the thyroid, and the sex hormones. You need to cleanse your tissues of toxicity.Â Helpful detoxification methods includeÂ homeopathic detoxification, cleansing diet, juice fasting if the individual's health conditions will allow it, gall bladder and liver flushes, coffee enemas,Â elimination of ingestion of food allergens,Â far infrared saunas, heavy metal detox such as chelation, use of supplements that remove toxins,Â bodywork, and exercise. The adrenal glands must be functioning well before the other glands can be addressed.Â You must lower stress, get plenty of uninterrupted sleep, and you may need supplementation in the form of herbal and/or prescription medication to restore proper adrenal gland functioning. The next system that you need to look at is the sex hormone system.Â Imbalances of sex hormones are rampant in our society in all ages, due not only to aging, but also due to the dietary and environmental toxins that we are all exposed to. Women, in particular, may have hormonal imbalances during their child-bearing years which may become so severe as to cause havoc with their relationships and even destroy their marriages.Â Hormonal balancing is so simple, yet so

often neglected. Even men, as they reach their 30's and 40's, can be helped to function better by adding hormones that are declining as they age. You can function better not only physically, but your mental acuity can be sharpened if you look at hormonal imbalances and insufficiencies. Older men, especially, can benefit from hormone replacement. You need not be sentenced to losing your memories and your vitality. And, of course, women who are perimenopausal, menopausal, and post-menopausal can receive assistance in returning to their former days of optimal hormonal functioning. The benefits of hormonal balancing in these women are far-reaching and can include weight loss, mood enhancement, and better mental and physical functioning. I do not prescribe Premarin, which is a prescription drug derived from pregnant mare's urine. Nor do I prescribe synthetic progestins or the combination, Prempro. These drugs have been improperly called "hormones." Nothing could be further from the truth. These dangerous drugs have been implicated in heart disease and breast cancer. Instead, I prescribe natural bioidentical hormone replacement. Even men, as they reach their 30's and 40's, can be helped to function better by adding hormones that are declining as they age. You can function better not only physically, but your mental acuity can be sharpened if you look at hormonal imbalances and insufficiencies. Older men, especially, can benefit from hormone replacement. You need not be sentenced to losing your memories and your vitality. Older men, especially, can benefit from hormone replacement. You need not be sentenced to losing your memories and your vitality. And, of course, women who are perimenopausal, menopausal, and post-menopausal can receive assistance in returning to their former days of optimal hormonal functioning. The benefits of hormonal balancing in these women are far-reaching and can include weight loss, mood enhancement, and better mental and physical functioning. I do not prescribe Premarin, which is a prescription drug derived from pregnant mare's urine. Nor do I prescribe synthetic progestins or the combination, Prempro. These drugs have been improperly called "hormones." Nothing could be further from the truth. These dangerous drugs have been implicated in heart disease and breast cancer. Instead, I prescribe natural bioidentical hormone replacement. As they are exactly identical to the hormones made by the human body, bioidentical hormones do not have harmful side effects and are beneficial to the functioning of the body when replaced in optimal amounts and in proper balance and correct timing. Because very few physicians understand the value of using bioidentical hormones or how to use them effectively, we have written the "Bioidentical Hormones" series of books in order to educate both patients and physicians about optimizing their hormones at every stage of life, no matter how young or old they are. Unlike the harmful drugs often prescribed by doctors,

bioidentical hormones exactly match those that your body produced when you were young and healthy. To learn more about bioidentical hormones and your health, read or listen to the books in the "Bioidentical Hormones" series.

Good overview. I have the audio book as well. This is a hard read and I do prefer the audio book. I'm on a doctor supervised hormone program now and this book clearly explains the steps my doctor is taking and why.

Awesome book full of great information. A good first step in understanding hormones. I am looking forward to reading more

What a treasure! A man can add years of useful, younger life, potentially many years to his existence here with the knowledge in this book! I am almost 65 and my job necessitates me doing extreme physical labor alongside men half my age and younger and no one out works me. You can not tell my age by any loss of range of motion in my movements.

I found this to be a wonderful book to guide me in discussion with my doctor. I might have known as much as him after reading this, and was able to ask questions with confidence. I am experiencing much improved health with the guidance of this book and the cooperation of my doc. Thanks for writing this guide to hormones.

Did not work

Not the book I needed.

There is earnest advice but it's basically an introductory book with disappointingly little to tell us about actual hormone supplementation. The truth is that growth hormone has to be injected and all those products that claim to increase gh don't really work, nor do lifestyle changes achieve much, especially as we age. There's much better information elsewhere on all the hormones in this book. 4 of the first 5 issues listed on the cover relate to testosterone, as does DHT, the last item. The book claims that testosterone, for example, can be increased with herbs, vitamins, food, exercise and a change in lifestyle - but few can say that they personally were successful. Granted... if there is simply need for support in stressful times, or if deficiency is slight, or someone is under 40, there

may be value in such advice. But individuals with moderate to severe insufficiency find they need more than such lifestyle changes. This includes many men over 40, at least half those over 50 and most men over 60. Plenty of women have testosterone deficiency too, although this is little known. - "Testosterone Is Your Friend" by Roger Mason is better. - stopthethyroidmadness website has far better practical information on thyroid and adrenal problems (and insulin resistance is linked to underactive thyroid, called a "silent epidemic" by some specialists, since mainstream medicine does not acknowledge this fact and mainstream tests fail to identify most of us with low thyroid).

Hard to imagine a more comprehensive approach to all things related to low testosterone levels in men. I have been fortunate enough to have received personal counseling from Dr. Swartz on many health issues, certainly including topics covered in this book. In addition, I have had many discussions with Yvonne Wright on related topics. I can attest to the fact that they "walk their talk" and have dedicated their lives to research related to hormonal health in men (and women), and issues such as diet; digestion; effect of toxins in the body; and cellular, muscular, and skeletal health as well. If you want to be truly informed, don't miss this book!

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