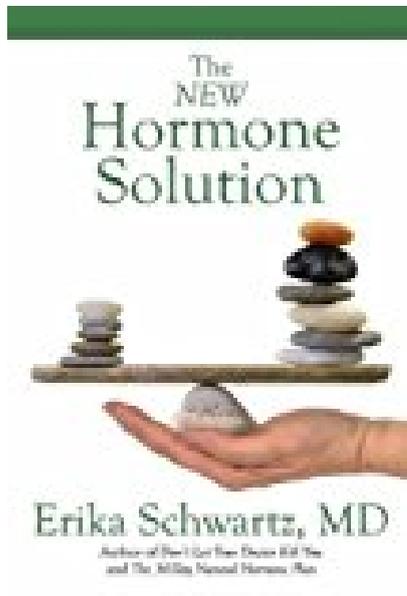


The New Hormone Solution



BOOK DETAILS

- Author : Erika Schwartz M.D.
- Pages : 288 Pages
- Publisher : Post Hill Press
- Language : English
- ISBN : 1682613305

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BOOK SYNOPSIS

Stay healthy, stay young, and stay in balance with Dr. Erika's groundbreaking prevention and wellness anti-aging bible. 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 of your life from teens, twenties, thirties, forties, and beyond
- What the safe and easy options are for treatment of hormone imbalances
- 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

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