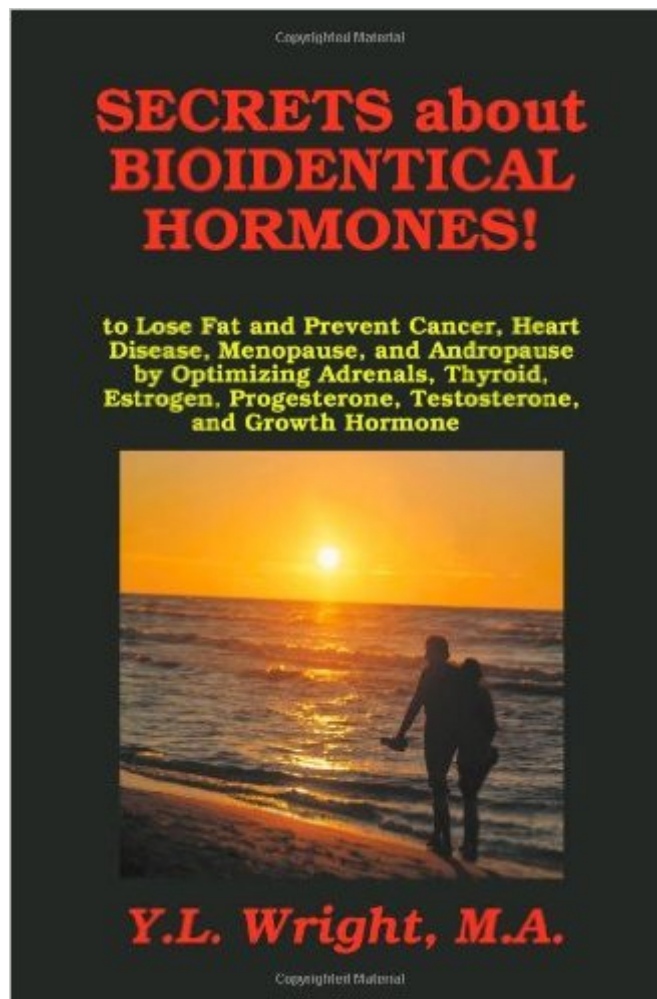


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# Secrets About Bioidentical Hormones To Lose Fat And Prevent Cancer, Heart Disease, Menopause, And Andropause, By Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, And Growth Hormone!





## Synopsis

SECRETS ABOUT BIOIDENTICAL HORMONES to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause by Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, and Growth Hormone READ THIS BOOK AND DISCOVER GROUNDBREAKING SCIENTIFIC SECRETS ABOUT BIOIDENTICAL HORMONES THAT ARE COMPLETELY UNKNOWN TO MOST PEOPLE, INCLUDING MOST PHYSICIANS. SECRETS ABOUT BIOIDENTICAL HORMONES is a comprehensive reference manual that will teach you how to stay healthy as you age by using lifestyle changes, supplements, and bioidentical hormone replacement therapy (BHRT). Trust me -- I've been in menopause, and it was not fun. It wasn't just hot flashes. I experienced a total collapse of my health. As my ovaries stopped producing vital hormones, every system in my body rebelled. I had every symptom of menopause -- including loss of sex drive, depression, weight gain, cataracts, breaking bones -- you name it. I was even diagnosed with a serious heart condition and a deadly skin cancer. I finally collapsed into utter exhaustion, unable to do much of anything for months at a time. I felt hopeless, angry, and confused. Luckily, I got a second chance at leading a healthy life. I decided that I had to pull myself out of the severe health slump that befallen me. I started looking for answers. In my search for answers, I discovered that: My health problems were primarily caused by my hormones. My doctors knew little to nothing about helping me to heal my hormones. Following their advice and taking their toxic prescriptions would only make me sicker. The information that I needed to heal my hormones and overcome my health problems was not in books or on the internet. Instead, I turned to the experts. I began years of intense study with the smartest bioidentical hormone replacement experts on the planet. I developed a plan to heal my hormones and completely regain my health. I followed my plan. It worked. And now I want to help you do the same. After all, deciding to use bioidentical hormones is a decision that you make because you have a vision of a healthier life. It's your chance to take control of your health and your life. Read this comprehensive hormone book and learn how to optimize your own hormone levels SAFELY with bioidentical hormone replacement therapy (BHRT) so that you can live a long life, full of health and vigor. Learn how to balance your hormones and feel young and healthy at any age. Reduce your risk of getting cancer and heart disease. Learn how to overcome fatigue, exhaustion, and other symptoms of hormone imbalances. See how hormone balance deteriorates in perimenopause (in the years leading up to menopause) and in menopause (when the menstrual periods have ceased). Explore the different forms of estrogen and learn about the safest and most effective ways that they may be used to treat menopause. Discover how to treat andropause (male menopause) and erectile dysfunction. Explore

different testosterone replacement methods. Discover how to optimize the functioning of your thyroid and adrenals. Learn how to improve your diet and digestion to lose weight and prevent and reverse metabolic syndrome and type-2 diabetes. Take a peek at using the pregnancy hormone, hCG, to lose weight. Get the scoop on Growth Hormone. Discover how to prevent and reverse osteoporosis. See how you can boost your immune system so that you can overcome diseases and not fall prey to germs that make you sick. Learn about a hormone that can help you have more and better orgasms. Discover why it is so difficult for women, but not men, to get bioidentical hormones. Learn how to choose a physician who will help you and not hurt you. Secrets about Bioidentical Hormones will show you how to create the kind of lifelong health that will allow you to look great, feel great, lose weight, and have better sex! Begin reading this groundbreaking hormone book today.

## **Book Information**

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## **Customer Reviews**

This is a must-read book for any man or woman who wants to improve their health, especially those who are aging. This book directed my husband and me to find the right doctor who could help us sort out our health problems and get on the healing path. Very few doctors understand the intricacies of bioidentical hormone replacement and are willing to prescribe the hormones that we need. This book explains why. After following the protocols outlined in this book, we are no longer tired, listless, sexless grumps. We decided to try hCG and have both lost our unwanted fat, strictly following the guidelines given in this book to prevent problems. This book helped us to understand

how the pollution of our air, water, and food has disrupted our hormones. We learned how to remove this toxicity from our bodies and then how to return each of the endocrine systems to health using herbs, vitamins, diet, lifestyle, and bioidentical hormones. It is essential to learn about the consequences of each choice of bioidentical hormone replacement BEFORE you start any program. Get this book. Educate yourself. Find a doctor who understands the information in this book. Then you can begin to cleanse, improve your diet, heal your digestive system, brain, adrenals, and thyroid, and balance your sex hormones. This book outlines how to do it.

This book has an amazing amount of material in it. I disagree with the person who gave it 3 stars, if the book were to "hold the patient's hand" and guide them to the proper dosage and where to buy it it would have been ten times the size and taken at least a year more to write/publish. The only reason I give it 4 stars instead of 5 is that there is a lot of new information out there on the role that dangerous grains and GMO foods are playing in the complex chronically ill patients we are seeing these days. My hope is that there will be a second edition and this will be covered. Otherwise it is an amazing resource for clinicians and patients. For full disclosure, I am friends with Joe and Yvonne, and consider them both to be practitioners of the highest quality. I have also practiced Chinese medicine for 22 plus years and those who know Chinese medicine deeply know that they were not under the delusion that everything can be fixed with roots, leaves, and minerals. When I visited the famous 4 story pharmacy in Beijing (forgot the name) I checked out the "Kidney Yang" section and over half of the formulas contained dog penis, something which I don't expect the FDA to be approving in the near future. Anyhow the Chinese were using HRT, even though they didn't call it that, way before the West. Clinically, it is my belief that whether to do BHRT or not should be a patient choice and Yvonne's book makes a compelling case for using it.

This book is a great read for anyone having hormonal problems. This book describes all the hormones, testing, etc that you need! I am going to read it for a second time and review it. I think it is a must for all us ladies near the menopause or past the menopause age. Lots of great information is contained in this book and I recommend it!

This has been my goto book for learning about hormones and bio-identicals. I have purchased 3 more of their books as well, one about HCG Diet, One about Human Growth Hormone and another one about Hormones and I would highly recommend all 4 books. Very easy to read and understand.

I think this book has more up today information than other books I have read and the author appears to have researched well!!!! I have made my appointment with a Bioidentical Hormone specialist and I am looking forward to a good experience for better me!!!

Though I learned some things in here, it went a bit deeper than I had wanted. Overall very informative if you know nothing about bio identical hormones. It also explains a lot about menopause and the help the bioidentical hormones can be. I'd recommend it to any woman who needs hormone treatment or has a hormone imbalance. You can learn a lot about the importance of the natural with no side effects, opposed to the synthetics with major ones. It explains the great benefits men and women can get more naturally.

This book is both informative and factual. It has an enormous amount of information in a concise presentation. It is very complete with references for further investigation or clarification... I like very much that she deals with both the feminine and masculine sides of this important issue.

This wonderful book transformed my life. It's chocked full of crucial information that is not readily available anywhere else. The difference in my life is remarkable and I would and do recommend it strongly.

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About(TM): Menopause: The Breakthrough Book on Natural Progesterone The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--Through Perimenopause, Menopause, and Beyond Without Estrogen: Natural Remedies for Menopause and Beyond Estrogen: The Natural Way: Over 250 Easy and Delicious Recipes for Menopause Thyroid Healthy, Lose Weight, Look Beautiful and Live the Life You Imagine Pathophysiology of Heart Disease: A Collaborative Project of Medical Students and Faculty (PATHOPHYSIOLOGY OF HEART DISEASE (LILLY)) Sex, Lies, and Menopause: The Shocking Truth About Synthetic Hormones and the Benefits of Natural Alternatives Chicken Soup for the Soul in Menopause: Living and Laughing through Hot Flashes and Hormones Hot Flashes, Hormones & Your Health: Breakthrough Findings to Help You Sail Through Menopause

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