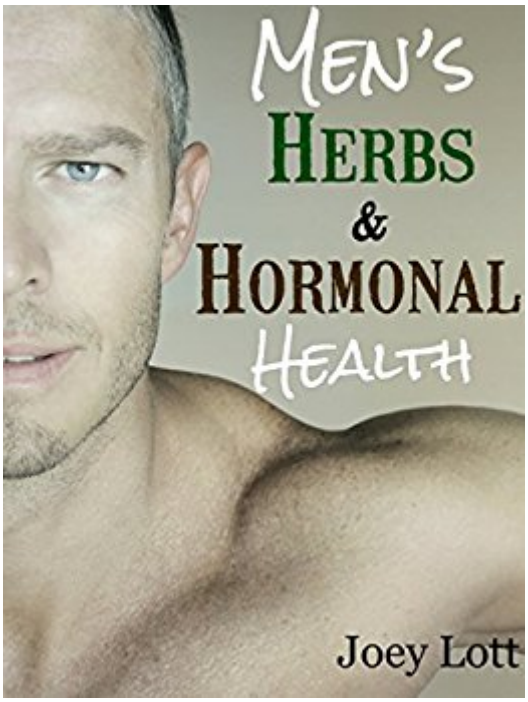
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Synopsis

MenÃ¢â ¬â„¢s Health Made Simple and NaturalYou want to explore your health in a natural and effective way, but where do you begin? Author Joey Lott delivers a comprehensive look at menÃ¢â ¬â„¢s health in his latest book, MenÃ¢â ¬â„¢s Herbs and Hormonal Health. Learn the vital connections between health and metabolism, immunity, and inflammation. Troubleshoot issues you may be experiencing by looking up the topic in the book and seeing what herbs might be indicated. Topics include pattern baldness/alopecia, BPH, insomnia, and prostate health, just to name a few. Herbal Wisdom ThatÃ¢â ¬â„¢s Easy on the WalletAre all those supplements you see in the news really worth the expense? Advertisers often prey on our fears and perceived flaws. This is no exception in the world of health. Luckily, MenÃ¢â ¬â„¢s Herbs and Hormonal Health cuts through the crap and delivers the truth to readers on what really works and what isnÃ¢â ¬â„¢t worth the bother. Support your hormonal health, increase your sex drive, and feel more energized using herbs, many of which have a long tradition of use and can be acquired inexpensively or even for free through wild foraging.WhatÃ¢â ¬â„¢s the Deal With Stress and Adaptogens?Adaptogens are hot in the health food world these days, but what are they and what do they do? Learn about these and other tonic herbs, including ashwaganda, rhodiola, and eleuthero. Discover the vital role that stress plays in hormonal health and how to combat chronic stress long-term. The author draws upon his extensive research in the field, anecdotal evidence, and his own experimentations on himself. His reliance on both scientific research and a more intuitive approach to plants is likely to appeal to a broad range of readers. Download this book now to begin unlocking your own personal male code for optimal health and performance.

Book Information

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Customer Reviews

This is more like a herbal guide, easy to read and straight to the point, and you can tell that author did sufficient amount of research on each herb suggested in this book (It doesn't only suggest herbs)I use it every now and then to check whether the herb is useful for me or not, the side effects, whether it is known to be contaminated or not, etc.. it is a comprehensive book and I highly recommend it for men, and even women :)

Now this is doable! An informative book on herbs and health that doesn't leave you with an "Oh no! Now where do I start" feeling when you finish the book.It's nice to know that a few herbs can cover a multitude of symptoms. And it's nice to hear that you don't have to live on them all the time.Thank you.

Helpful intro to herbs for men. I haven't had a chance yet to try the herbs the author recommends, but it was helpful to have a list of some good sounding resources for finding the herbs (and seeds for herb plants). I will update this review after trying some of the herbs.

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