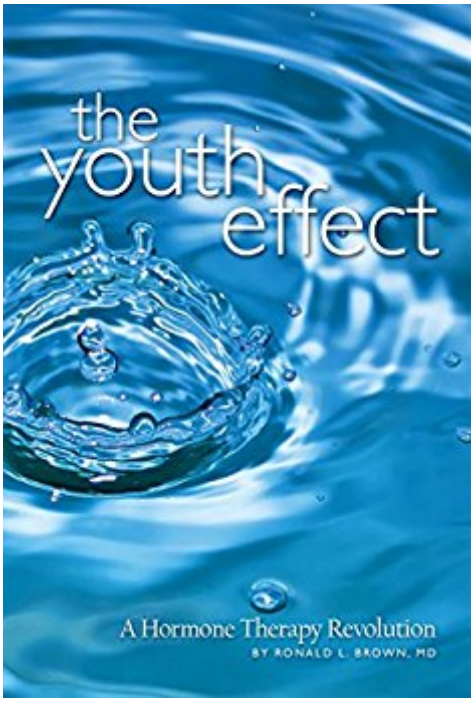
Ebook Directory
the best source of ebook

The book was found

The Youth Effect : A Hormone Therapy Revolution



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Considering hormone replacement therapy?Barraged with conflicting messages about its safety? Do you wish you could cut through the confusion and find out exactly what you standto gain or lose if you choose the HRT path?In The Youth Effect, Dr. Brown offers a clear, concise view to the heart of these weightymatters. Here, youÃ¢â ¬â„¢ll learn why just about everything youÃ¢â ¬â„¢ve read in the media aboutHRT is wrong.Also in these pages:Ã¢â ¬Â¢ A balanced look at the risks and benefitsof hormone replacementÃ¢â ¬Â¢ How to eat and exercise, which medical tests to obtain, and which supplements to take to slow your bodyÃ¢â ¬â„¢s aging andenhance your quality of lifeItÃ¢â ¬â„¢s not about not aging; itÃ¢â ¬â„¢s about aging successfully. Welcome to The Youth Effect.

Book Information

File Size: 1326 KB

Print Length: 284 pages

Publisher: Carolina HealthSpan Institute (May 2, 2017)

Publication Date: May 2, 2017

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B071HG8FTB

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #105,596 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #26 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #38 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

Customer Reviews

I started suffering from Hormone defiency over 20 years ago. So I had already done a lot of research on the subject. This book is well written but did not offer me any new insight. I don’t know what I expected, women’s issues are the last to be researched.

As a physician, and a urologist at-someone trained in men’s health, including hormonal management, Dr. Brown’s book was such an eye-opener. Decades ago, when going through medical school and residency, we were taught about all of the evils of hormonal replacement or enhancement. Unfortunately, for many patients, I practiced this philosophy about avoiding hormones, especially testosterone, for years.Funny how things change when one starts getting up there in years. At age 50, the symptoms as described in Dr. Brown’s book, related to testosterone decline, were becoming not just noticeable, but were affecting my well-being. A fellow physician told me about this book, and it changed my entire outlook. What I had been taught was correct-at that time. But today, we have bio-identical hormones, not hormones from pregnant horses and other such sources, but completely identical replacements.I then looked at the scientific literature, and many of the "old-fashioned" beliefs about hormones, for both men and women, were being uprooted; replaced with peer-reviewed literature showing the benefits of treating hormonal imbalance, with the medications available to physicians today.Read this book, and take it with you to your doctor along with your questions. Dr. Brown addresses each detail with parts that the physician can follow-up on the references noted in the book, and prove to him/herself that times have changed for the better because of proper hormonal management.

If along the way in your life you decided to start taking care of yourself, with all the usual recommendations concerning diet, exercise, etc., including regular checkups courtesy of the traditional health care system, and you feel that in spite of your best efforts you don’t look, feel, or act as vital, energetic and strong as you thought you would, I encourage you to read this book. The author, Dr. Ronald L. Brown, is a leader in the emerging field of anti-aging medicine and bio-identical hormone replacement therapy. Others have also produced good work on this subject, including Suzanne Somers, and Dr. Eugene Shippen ("The Testosterone Syndrome"). Having read these books, and others, I would say Dr. Brown’s work is the most comprehensive (for both women and men), and best written book on the subject. It is appropriately titled "The Youth Effect". The information in this book could profoundly transform your life. It is well worth many times the cost.

Dr. Brown’s book is well-written and written in "everyday" terms that is easy to understand. I had heard about bioidentical hormones before (previously read Suzanne Somers book) but Dr. Brown’s book was much easier to understand. After reading only 2 chapters and scanning some of the other chapters, I made an appointment with their office. Fortunately I live within 30 miles of his office. I

have recommended this book to many of my friends.

Download to continue reading...

Hormone Reset Diet: The Ultimate Cure to Balance Your Hormones and Lose Weight (Hormone Therapy, Hormone Cure, Hormone Secret) The Youth Effect : A Hormone Therapy Revolution Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Hormone Balance for Men: What your doctor may not tell you about prostate health and natural hormone supplementation. Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1) The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause Practicing Discernment with Youth: A Transformative Youth Ministry Approach (Youth Ministry Alternatives) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Conditions in Occupational Therapy: Effect on Occupational Performance (Atchison, Conditions in Occupational Therapy) Cause & Effect: The September 11 Attacks (Cause & Effect in History) Promoting Wellness Beyond Hormone Therapy, Second Edition: Options for Prostate Cancer Patients You're Not Losing Your MIND, You're Losing Your HORMONES!: This book explains the reason for the, over 115, symptoms that accompany the hormone decline ... Therapy, But No One's Telling You) Menopause and Estrogen: Natural Alternatives to Hormone Replacement Therapy Sex, Lies, and Menopause: The Shocking Truth About Hormone Replacement Therapy Textbook of Age Management Medicine Volume 1: Mastering Healthy Aging Nutrition, Exercise and Hormone Replacement Therapy Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition Light Therapy: Teach Me Everything I Need To Know About Light Therapy In 30 Minutes (Light Therapy - Season Affective Disorder - SAD - Vitamin D) Conditions in Occupational Therapy: Effect on Occupational Performance Practical Pharmacology in Rehabilitation With Web Resource: Effect of Medication on Therapy Sustainable Youth Ministry: Why Most Youth Ministry Doesn't Last and What Your Church Can Do About It

Contact Us

DMCA

Privacy