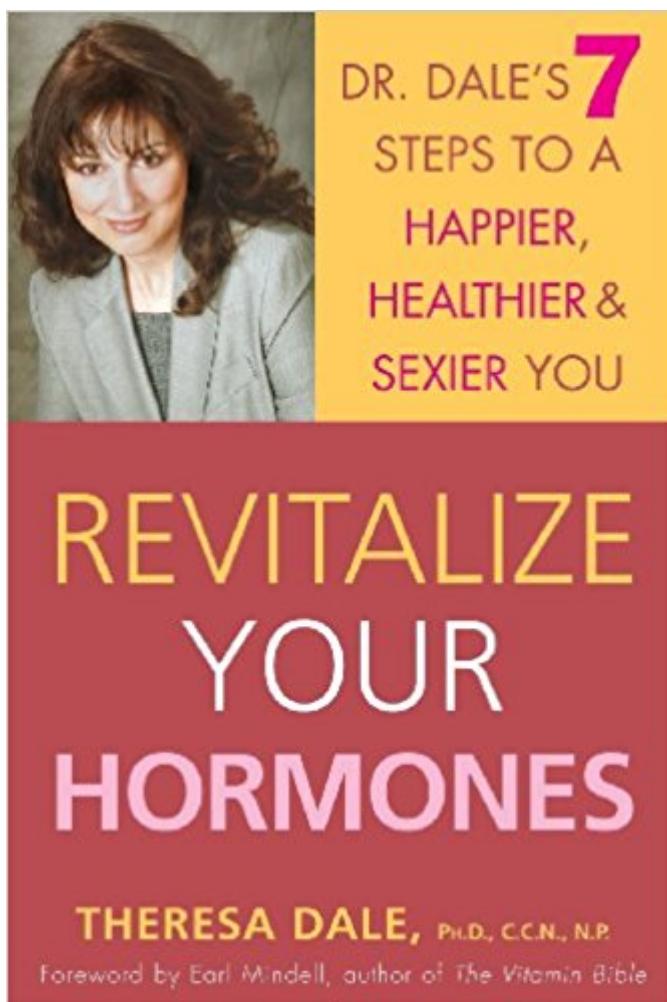


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Revitalize Your Hormones: Dr. Dale's 7 Steps To A Happier, Healthier, And Sexier You



Synopsis

Contrary to popular belief, radiant health and positive aging are your birthright. Dr. Dale's natural healing protocol gives you all the tools you need to manage your health destiny for maximum mind-body balance and well-being.--Dr. Earl Mindell""I have seen Dr. Theresa Dale's program give relief to hundreds of my patients and a new outlook on life to so many women. I offer it to all of my patients without reservation.""-Christine Staub, m.d.A scientifically proven, 100 percent natural way to restore your body's hormonal balance and to become the beautiful, sexy, vibrant woman you were meant to beHormone replacement therapy is highly controversial, and many women refuse it. But that doesn't mean you have to learn to live with hot flashes, diminished libido, and all the other so-called normal symptoms of aging. Optimum health, energy, sex drive, and happiness can be yours. Revitalize Your Hormones shows you how to have them all safely and naturally--without risky hormone replacement treatments.World-renowned naturopathic physician Dr. Theresa Dale explains that, no matter what your age, your body already knows how to produce optimal amounts of hormones--it's all a matter of stimulating it to do so. More importantly, Dr. Dale arms you with a scientifically proven, 7-step program for hormone rejuvenation developed and refined over her twenty years of research and clinical experience. An easy, enjoyable, 100 percent natural approach to restoring your body's hormonal balance and reversing the appearance of aging, the program includes:
* A hormone-revitalizing diet and nutritional program including many scrumptious recipes* A whole-body detoxification program* A personal biological age assessment quiz* Expert guidelines on hormone rejuvenation and healing through homeopathy* Step-by-step action plans to help you gauge your progress and stay on trackLet Dr. Dale show you how to help your body do what it was designed to do--and start looking and feeling your best.

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Customer Reviews

"Contrary to popular belief, radiant health and positive aging are your birthright. Dr. Dale's natural healing protocol gives you all the tools you need to manage your health destiny for maximum mind-body balance and well-being."—Dr. Earl Mindell" I have seen Dr. Theresa Dale's program give relief to hundreds of my patients and a new outlook on life to so many women. I offer it to all of my patients without reservation."—Christine Staub, m.d. A scientifically proven, 100 percent natural way to restore your body's hormonal balance and to become the beautiful, sexy, vibrant woman you were meant to be. Hormone replacement therapy is highly controversial, and many women refuse it. But that doesn't mean you have to learn to live with hot flashes, diminished libido, and all the other so-called normal symptoms of aging. Optimum health, energy, sex drive, and happiness can be yours. Revitalize Your Hormones shows you how to have them all safely and naturally—without risky hormone replacement treatments. World-renowned naturopathic physician Dr. Theresa Dale explains that, no matter what your age, your body already knows how to produce optimal amounts of hormones—it's all a matter of stimulating it to do so. More importantly, Dr. Dale arms you with a scientifically proven, 7-step program for hormone rejuvenation developed and refined over her twenty years of research and clinical experience. An easy, enjoyable, 100 percent natural approach to restoring your body's hormonal balance and reversing the appearance of aging, the program includes: A hormone-revitalizing diet and nutritional program including many scrumptious recipes A whole-body detoxification program A personal biological age assessment quiz Expert guidelines on hormone rejuvenation and healing through homeopathy Step-by-step action plans to help you gauge your progress and stay on track Let Dr. Dale show you how to help your body do what it was designed to do—and start looking and feeling your best.

THERESA DALE, Ph.D., C.C.N., N.D., is a naturopathic doctor in private practice, the creator of many medically proven homeopathic formulas, and the founder and Dean of the internationally acclaimed California College of Natural Medicine.

I bought this book because i wanted to know what products the Dr will recommend for a person whose hormones are on the decline, the book was written basically for women from my opinion, I am

a male. The Dr also knocks both conventional and bio-identical hormone replacement without fully explaining each, based on my research bio-identical hormones when used and dosages and testing are done is a superior replacement to conventional hormone replacement, there are several books available that explains them fully, we all know that foods that are organic and free of toxic chemicals are excellent for you but this book was written based on Homeopathic formulas, i will be happy after continuing to read the book if i can find these formulas that can help me.

I gave this book a five star rating because Dr. Dale was very thorough in addressing first what hormones are and how the endocrine system works in the body. In other words she took the reader step by step to educate first about the potential harmful effects of synthetic HRT and hysterectomy then offered solutions to the many problems women face when hormones are out of balance. What I really liked is that she offered alternative solutions to heal the body not just cover up the symptoms with pills. she offered dietary tips and recipes. It's just a fabulous book of knowledge enabling women to take charge of their own health.

Somewhat overly academic. I don't need to know all the science behind my hormones, but the information on how to balance them is invaluable. If every woman learned how to balance her hormones, we'd have no more PMS and a lot less breast cancer and heart disease. Thank you, Dr. Teresa Dale, for all the work you do!

I have been suffering from imbalanced hormones and it has not been pretty. I lost my job over my health. Most people don't have the time to research and understand how the current media tells us lies about the foods they put on our shelves at the grocery stores. This book is a must for any woman and I'm sure men also suffer from hormonal imbalance as well. If you have symptoms that you just don't feel your doctor is getting to the heart of....I suggest you read this book, visit Dr. Dale's website [...] and start reading what might really be going on for your body. Then get on board letting our food producers know that we want good food back in our grocery stores so everyone can enjoy a happy and healthy life!

A big help in evening out the everyday problems we all seem to come face to face with. Very enlightening.

She lost her license and doesn't write in an easy to follow way.

Loved this book as it shows you there are always other options out there for us to consider regarding our health. The book reveals that you have so many other options for yourself while dealing with hormone problems. It is so informative that after reading it, you feel like you just learned so much more about your body than you ever knew before. I believe that this book inspires us all to take control of our own health and not be afraid to try other alternative therapies. Every woman should read this if you are suffering from hormone issues. You will not be disappointed.

Good info. Just a little too much excess commentary in her style of writing.

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Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body This Is My Brain on Endorphins: How I Got Fit, Healthier, and Happier (And You Can, Too) What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks))

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