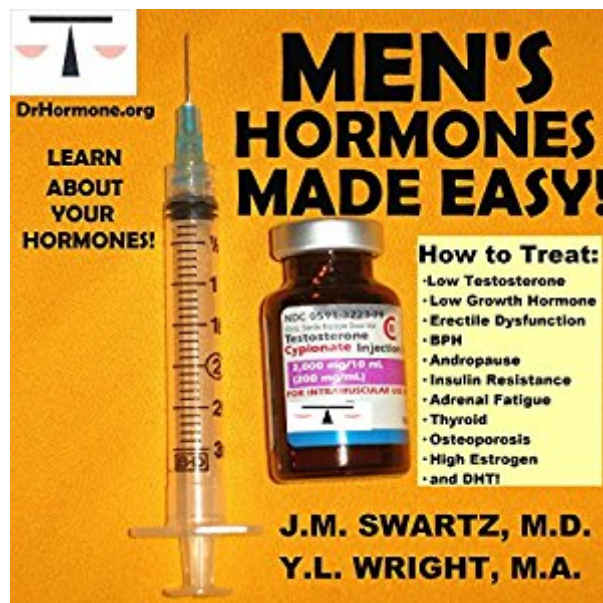


The book was found

Men's Hormones Made Easy: How To Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, And DHT: Bioidentical Hormones, Book 8



Synopsis

Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT Prevent and reverse: Menopause Prostate Issues Heart Disease Cancer See how hormone issues at any age may: Wreck your relationship Make you fat Accelerate aging and death Learn how to safely: Improve your sexual performance Increase your energy, motivation, and sex drive Strengthen muscles and bones Lower your risk of heart disease and cancer We studied for many years with the smartest hormone experts on the planet. We developed a plan to heal our hormones and regain our health. We followed our plan. It worked. And now we want to help you do the same. Listen to this audiobook and change your life!

Book Information

Audible Audio Edition

Listening Length: 7 hours 15 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Y.L. Wright M.A.

Audible.com Release Date: February 18, 2015

Language: English

ASIN: B00TS3H6SO

Best Sellers Rank: #85 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #276 in Books > Audible Audiobooks > Health, Mind & Body > Health #327 in Books > Health, Fitness & Dieting > Men's Health

Customer Reviews

Good overview. I have the audio book as well. This is a hard read and I do prefer the audio book. I'm on a doctor supervised hormone program now and this book clearly explains the steps my doctor is taking and why.

Awesome book full of great information. A good first step in understanding hormones. I am looking forward to reading more

What a treasure! A man can add years of useful, younger life, potentially many years to his existence here with the knowledge in this book! I am almost 65 and my job necessitates me doing

extreme physical labor alongside men half my age and younger and no one out works me. You can not tell my age by any loss of range of motion in my movements.

I found this to be a wonderful book to guide me in discussion with my doctor. I might have known as much as him after reading this, and was able to ask questions with confidence. I am experiencing much improved health with the guidance of this book and the cooperation of my doc. Thanks for writing this guide to hormones.

Did not work

Not the book I needed.

There is earnest advice but it's basically an introductory book with disappointingly little to tell us about actual hormone supplementation. The truth is that growth hormone has to be injected and all those products that claim to increase gh don't really work, nor do lifestyle changes achieve much, especially as we age. There's much better information elsewhere on all the hormones in this book. 4 of the first 5 issues listed on the cover relate to testosterone, as does DHT, the last item. The book claims that testosterone, for example, can be increased with herbs, vitamins, food, exercise and a change in lifestyle - but few can say that they personally were successful. Granted... if there is simply need for support in stressful times, or if deficiency is slight, or someone is under 40, there may be value in such advice. But individuals with moderate to severe insufficiency find they need more than such lifestyle changes. This includes many men over 40, at least half those over 50 and most men over 60. Plenty of women have testosterone deficiency too, although this is little known. - "Testosterone Is Your Friend" by Roger Mason is better. - stopthethyroidmadness website has far better practical information on thyroid and adrenal problems (and insulin resistance is linked to underactive thyroid, called a "silent epidemic" by some specialists, since mainstream medicine does not acknowledge this fact and mainstream tests fail to identify most of us with low thyroid).

Hard to imagine a more comprehensive approach to all things related to low testosterone levels in men. I have been fortunate enough to have received personal counseling from Dr. Swartz on many health issues, certainly including topics covered in this book. In addition, I have had many discussions with Yvonne Wright on related topics. I can attest to the fact that they "walk their talk" and have dedicated their lives to research related to hormonal health in men (and women), and

issues such as diet; digestion; effect of toxins in the body; and cellular, muscular, and skeletal health as well. If you want to be truly informed, don't miss this book!

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