



DR. DALE'S **7**  
STEPS TO A  
HAPPIER,  
HEALTHIER &  
SEXIER YOU

# REVITALIZE YOUR HORMONES

**THERESA DALE, Ph.D., CCN**

Foreword by Earl Mindell, author of *The Vitamin Bible*

# Revitalize Your Hormones Dr Dales 7 Steps To A Happier Healthier And Sexier You

**Dr. Eric M. DeYoung**



## **Revitalize Your Hormones Dr Dales 7 Steps To A Happier Healthier And Sexier You:**

**AARP Revitalize Your Hormones** Theresa Dale, 2012-05-24 AARP Digital Editions offer you practical tips proven solutions and expert guidance In AARP Revitalize Your Hormones Dr Theresa Dale provides a scientifically proven 100 percent natural way to restore your body's hormonal balance and 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 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

**Revitalize Your Hormones** Theresa Dale, 2010-12-10 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

Empowered Sheryl Ellinwood,2009 This year 192 300 women in the United States will develop breast cancer Every two to three minutes another woman will learn she has this disease Although many books have been written about breast cancer most focus on just a single aspect of the disease Breast cancer survivor Sheryl Ellinwood researched its multiple fronts prevention politics standard treatment alternative treatment and more before making her treatment decisions She discovered that knowledge provides power Doing research enabled her to avoid a life threatening mistake and to choose the right treatment In Empowered she shares findings that you may not be aware of woman to woman clearly and comprehensibly and then provides links to in depth information on each topic She also explains the risks and benefits of food choices the role of hormones and mineral deficiencies in breast cancer growth and how to avoid cancer causing toxins She examines how these factors create an environment for breast cancer to grow and explains how women can make choices that reduce their risk In Empowered Sheryl helps other women by leading them step by step through the process of doing their own research so they will be sure to choose the best treatment **How to Live a Happy, Healthy, Wealthy & Safe Life!** Dr. Eric M.

DeYoung,2011-01-27 Almost half of all Americans suffer from a chronic medical condition The most common conditions are high blood pressure arthritis respiratory diseases depression pain diabetes and high cholesterol Its time to be more involved in your health care and start asking why For instance Why do Americans have so many health problems when they consume so many drugs Why are Americans so sick when they can improve their health without doctors hospitals and drug therapies Why is the United States making successful strides in disease treatment but not prevention These are complicated questions but its possible that the very drugs Americans consume are contributing to chronic health issues along with unhealthy choices such as smoking consuming alcohol and eating processed and fast foods By understanding the business of medicine as well as the factors that put you at risk you can take concrete steps to improve your health or prevent it from deteriorating Ask the right questions and start learning How to Live a Happy Healthy Wealthy and Safe Life **The British National**

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