

# Pregnenolone

*A Radical New Approach to Health,  
Longevity, and Emotional Well-being*



**D. Gary Young, N.D.**

# Pregnenolone A Radical New Approach To Health Longevity And Emotional Wellbeing

**Ann Louise Gittleman**



## **Pregnenolone A Radical New Approach To Health Longevity And Emotional Wellbeing:**

**Pregnenolone** D. Gary Young, 2000-07-01 **Why You Can't Lose Weight** Pamela Wartian Smith, 2012-05-24 If you have tried diet after diet without shedding pounds it may not be your fault In this revolutionary book Dr Pamela Smith discusses the eighteen most common reasons why you can't lose weight and guides you in overcoming the obstacles that stand between you and a trimmer body **Why You Can't Lose Weight** is divided into four parts Part I looks at lifestyle practices such as insufficient exercise and sleep Part II examines health disorders such as food allergies and thyroid hormone dysfunction And Part III discusses biochemical problems such as insulin resistance and depression For each difficulty discussed the author explains how the problem can be recognized how it contributes to weight gain and how you can take steps towards a slimmer body The last part guides you in putting together a customized easy to follow weight loss program If you've been frustrated by one size fits all diet plans it's time to learn what's really keeping you from reaching your goal With **Why You Can't Lose Weight** you'll discover how to lose weight and enjoy radiant health *Gary Young: Der Pionier der modernen Aromatherapie* Maria L. Schasteen, 2020-04-10 Gary Young lebte ein außergewöhnliches Leben das ihn nach einem schweren Schicksalsschlag den Weg zur Erschaffung der YOUNG LIVING Essenzen einschlugen lie Ein Weg voller Abenteuer und faszinierender Erlebnisse und Begegnungen Maria Schasteen die große Expertin für Duftmedizin beschreibt in dieser mit viel Empathie verfassten Biographie das Leben dieses besonderen Menschen der die alternativen Heilweisen des 21. Jahrhunderts maßgeblich beeinflussen sollte Wer diese Lebensgeschichte gelesen hat wird mit großer Ehrfurcht die wunderbaren Essenzen betrachten die dieser Pionier der Aromatherapie ins Leben gerufen hat **Pregnenolone** Susan Richards, 2015-05-08 Would you like to have abundant energy and vitality increased productivity in every area of your life the ability to manage stress no matter what the cause and enjoy a positive and joyful mood Would you like to have healthy and balanced hormones during your late 30's 40's 50's and beyond This book discusses the health and wellness benefits of pregnenolone along with Dr Richards all natural program to restore and support your pregnenolone levels

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peptides and signaling molecules for cellular regeneration With her trademark no nonsense style Ann Louise Gittleman champions a paradigm shift in which your biology is not your biography By utilizing epigenetics to slow and reverse many of the most worrisome aging conditions you can preserve your youth span and enhance your immunity heart brain muscles joints skin and hair You can even revitalize your sex drive Based on decades of experience and research in breakthrough age defying and restorative medicine Radical Longevity will forever change what you think you know about aging Inside you ll discover The most essential vitamins minerals and hormones to reclaim youthful immunity The transformative Radical Longevity Power Plan and 5 Day Radical Reset to soothe the gut and revitalize the liver How to manipulate your metabolism The Cinderella mineral to help prevent memory loss and reverse Alzheimer s How to make your body produce up to fifty percent more Youth Defying Stem Cells The 1 brain aging hazard hiding in your home and how to activate your best self defense The unexpected forbidden food that makes your skin joints eyes arteries and brain feel years younger and much more Radical Longevity casts a big and bold new vision of aging that will give you freedom from accepting the limitations that growing older once meant Look more youthful feel more agile and think more clearly as you enter the Radical new era of healthy aging

*Emotional Longevity* Norman B. Anderson, 2003 Describes the connection between biological and behavioral science and how it leads to longer life and better health

**Vibrant Longevity: Introducing You to Total Approach Wellness and Aesthetics** Gerianne Geszler MD, Cynthia Phillips Pac, 2019-03 Dr Gerianne Geszler and Cynthia Phillips PAC wrote Vibrant Longevity as a guideline a starting point to inspire you to examine all facets of your health In this book you will Find Practical Guidelines to Protect Your Health Get Tools to Help You on Your Quest Toward Optimal Wellness Explore a No Nonsense Approach to Improve Your Health and Vitality Read About the Core Elements You Need to Restore and Maintain Your Health Discover How the Authors Broke Through the Traditional Medicine Paradigm Vibrant Longevity is a much needed book and captures the essence of what we should all hope to achieve Pamela Wartian Smith MD MPH MS Bestselling Author and Internationally Known Speaker This book dispels the myths that disease and debility are an expected progression of aging Dr Charles Webb Leading Expert in Optimizing Health Vibrant Longevity logically approaches health in a way that will help you reclaim and sustain health vitality and happiness Dr Geszler and Cynthia Phillips PAC display tremendous wisdom in their tireless pursuit of improving the well being of their patients Dr Cheryl Burdette ND President Chief Scientific Advisor and Education Director of Dunwoody Labs Cynthia Phillips PAC is a board certified physician assistant co owner of Total Approach Wellness and Aesthetics with Dr Gerianne Geszler and a fellow of Metabolic Medicine She has guided many women through menopause and perimenopause and has guided many men to a more vibrant lifestyle with the help of testosterone replacement therapy Gerianne Geszler MD is a gynecologist and a functional medicine physician She actively practiced obstetrics and gynecology for twenty years after medical school and residency at Duke University Dr Geszler has presented workshops over the past ten years and she has assisted many patients both those

struggling with healthcare issues and those who wish to age well

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