



Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You

Theresa Dale

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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.

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The book Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You will bring you to definitely the new experience of reading the book. The author style to explain the idea is very unique. Should you try to find new book you just read, this book very suited to you. The book Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You is much recommended to you to study. You can also get the e-book through the official web site, so you can easier to read the book.

Donald Jefferies:

The actual book Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You has a lot of information on it. So when you check out this book you can get a lot of gain. The book was compiled by the very famous author. The writer makes some research prior to write this book. This kind of book very easy to read you can find the point easily after scanning this book.

Mary Diaz:

The reason why? Because this Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You is an unordinary book that the inside of the book waiting for you to snap the item but latter it will surprise you with the secret the idea inside. Reading this book adjacent to it was fantastic author who write the book in such amazing way makes the content within easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of benefits than the other book include such as help improving your expertise and your critical thinking method. So , still want to postpone having that book? If I had been you I will go to the publication store hurriedly.

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