

THE SUPER- HORMONE PROMISE



Superhormone Promise Natures Antidote To Aging

Ian Pickup



Superhormone Promise Natures Antidote To Aging:

The Superhormone Promise William Regelson, Carol Colman, 1997 The Superhormone Promise is the definitive book on DHEA Pregnenolone Testosterone Estrogen and Progesterone Thyroid Hormone and Growth Hormone and Melatonin Readers will discover the remarkable things superhormones can do such as boost immune systems increase sex drive strengthen bone and muscle relieve stress enhance memory reduce body fat reverse aging and much more *Growing Old in Christ* Stanley Hauerwas, 2003-06-20 One of the hallmarks of contemporary culture is its attitude toward aging and the elderly Youth and productivity are celebrated in today's society while the elderly are increasingly marginalized This not only poses difficulties for old people but is also a loss for the young and middle agers who could learn much from the elderly including what it means to grow old and die in Christ *Growing Old in Christ* presents the first serious theological reflection ever on what it means to grow old particularly in our culture and particularly as a Christian In a full orb ed discussion of the subject eighteen first rate Christian thinkers survey biblical and historical perspectives on aging look at aging in the modern world and describe the Christian practice of growing old Along the way they address many timely issues including the medicalization of aging the debate over physician assisted suicide and the importance of friendships both among the elderly and between the elderly and the young Weighty enough to instruct theologians ethicists and professional caregivers yet accessible enough for pastors and general readers this book will benefit anyone seeking faith based insight into growing old Contributors David Aers David Cloutier Rowan A Greer Stanley Hauerwas Judith C Hays Richard B Hays Shaun C Henson L Gregory Jones Susan Pendleton Jones Patricia Beattie Jung D Stephen Long M Therese Lysaught David Matzko McCarthy Keith G Meador Charles Pinches Joel James Shuman Carole Bailey Stoneking Laura Yordy *Natural Hormone Balance for Women* Uzzi Reiss, Martin Zucker, 2002 Dr Uzzi Reiss describes his program for restoring women's natural hormonal balance explaining the difference between chemical hormone prescriptions and natural hormone replacements offering advice on how to choose and use the best replacement and discussing the benefits of a natural hormone replacement regimen **The Whole Man Program** Jed Diamond, 2007-08-24 The perfect gift for every man over 40 Michael Gurian Rich with solutions to becoming a whole man Warren Farrell Ph D author of *Why Men Are the Way They Are* In *The Whole Man Program* Jed Diamond treads fearlessly into the new territory of what it means to be a healthy man This book guides and inspires you to make more conscious choices that will enhance your body mind and soul David Simon M D Medical Director of the Chopra Center for Well Being author of the Nautilus Award winning *Vital Energy and Return to Wholeness* and coauthor of *The Chopra Center Cookbook* You can take positive steps toward improving your health and maximizing your passion productivity and purpose Written by the bestselling author of *Male Menopause* and based on the latest breakthrough information *The Whole Man Program* offers proven techniques that will help you reach a whole new level of physical emotional and spiritual health You ll learn how to lose weight and meet specific fitness goals prevent heart disease cancer depression and other

diseases put life and love back into your sex life find your calling and be happy with your work life and achieve new levels of energy and vitality and have fun while you re doing it So get with the program start reading The Whole Man Program today and feel better than ever HRT Solution (rev. edition) John M Kells,Marla Ahlgrimm, R.Ph.,2003-10-13 MARLA AHLGRIMM R PH is the founder and chair of Women s Health America WHA Group and cofounder of Madison Pharmacy Associates Inc the first pharmacy in the United States devoted entirely to women s health care Ms Ahlgrimm was one of the first health professionals in the United States to recognize define and develop treatment options for premenstrual syndrome PMS JOHN M KELLS is the cofounder and chief executive of Aeron LifeCycles Clinical Laboratory a leader in research on the impact of hormones on breast cancer and women s health CHRISTINE MacGENN RODGERSON is a writer and editor who specializes in scientific health and medical issues *Consciousness, Bioenergy and Healing* Daniel J. Benor,2004-10 People have the potential to heal themselves and each other Dr Daniel Benor a wholistic psychiatrist explains how mind body and body mind interactions promote health or cause illness Clear and concise explanations of a large body of research clinical examples and a variety of theory explain healing through complementary alternative medicine Dr Benor reviews research supporting claims that complementary alternative therapies and bioenergy therapies are potent and effective treatments Age Right Karlis Ullis,2000-02-17 Drawing on the most up to date information on how and why we age Dr Ullis shows readers the anti aging diet exercises and nutritional supplements that best suit their individual needs and goals 20 charts graphs *Alternative Medicine, Second Edition* Larry Trivieri,John W. Anderson,2013-03-27 The Bible of Alternative Medicine Learn the health secrets that millions of readers have discovered in the book that is revolutionizing health care in the United States Alternative Medicine The Definitive Guide is packed with lifesaving information and alternative treatments from 400 of the world s leading alternative physicians Our contributors M D s Ph D s Naturopaths Doctors of Oriental Medicine and Osteopaths offer the safest most affordable and most effective remedies for over 200 serious health conditions from cancer to obesity heart disease to PMS This guide is easy enough to understand to make it perfect for home reference while it would also make a fine resource for health care providers interested in learning more about alternative medicine 70% of Americans currently use some form of alternative medicine This 1 136 page encyclopedia puts all the schools of alternative medicine 50 different therapies under one roof Highlights dozens of actual patient stories and physician treatments Women, Family, and Class Michael S. Kimmel,Amy Elizabeth Traver,2015-11-17 For more than 40 years Lillian Rubin s work has stood as a model for the integration of the psychological and the sociological in studies of class male female relationships and friendships women and aging the sexual revolution and the contemporary crisis of the American family Worlds of Pain Life in the Working Class Family and her other books have been enormously influential This new book brings together articles and book excerpts that reflect Rubin s revolutionary style and her distinct analytic contributions Alternative Medicine Larry Trivieri, Jr.,John W. Anderson,2002 21st Century Science Collection

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