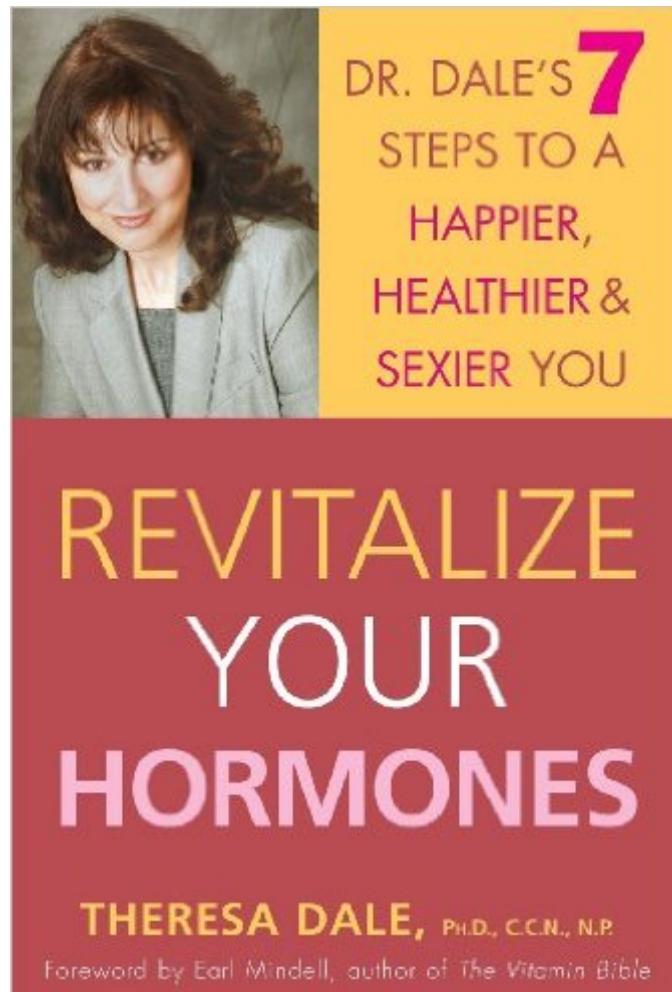


The book was found

# Revitalize Your Hormones: Dr. Dale's 7 Steps To A Happier, Healthier, And Sexier You



## Synopsis

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 beHormone 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 trackLet Dr. Dale show you how to help your body do what it was designed to do--and start looking and feeling your best.

## Book Information

Paperback: 304 pages

Publisher: Wiley; 1 edition (May 1, 2005)

Language: English

ISBN-10: 0471655554

ISBN-13: 978-0471655558

Product Dimensions: 6 x 0.8 x 8.9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ  See all reviewsÂ  (22 customer reviews)

Best Sellers Rank: #981,891 in Books (See Top 100 in Books) #58 inÂ  Books > Textbooks >

## Customer Reviews

I have been suffering from imbalanced hormones and it has not been pretty. I lost my job over my health. Most people don't have the time to research and understand how the current media tells us lies about the foods they put on our shelves at the grocery stores. This book is a must for any woman and I'm sure men also suffer from hormonal imbalance as well. If you have symptoms that you just don't feel your doctor is getting to the heart of....I suggest you read this book, visit Dr. Dale's website [...].and start reading what might really be going on for your body. Then get on board letting our food producers know that we want good food back in our grocery stores so everyone can enjoy a happy and healthy life!

In Feb 2007, I was given so-called "bio-identical" progesterone. 10 weeks later, my hormones were so off, that I actually stayed awake 4 days because my body was so toxic. With Dr. Dales help, I recovered. DO NOT believe the dangerous [...] that are making these dangerous hormones! They are all dangerous! [...]

Loved this book as it shows you there are always other options out there for us to consider regarding our health. The book reveals that you have so many other options for yourself while dealing with hormone problems. It is so informative that after reading it, you feel like you just learned so much more about your body than you ever knew before. I believe that this book inspires us all to take control of our own health and not be afraid to try other alternative therapies. Every woman should read this if you are suffering from hormone issues. You will not be disappointed.

I bought this book because i wanted to know what products the Dr will recommend for a person whose hormones are on the decline, the book was written basically for women from my opinion, I am a male. The Dr also knocks both conventional and bio-identical hormone replacement without fully explaining each, based on my research bio-identical hormones when used and dosages and testing are done is a superior replacement to conventional hormone replacement, there are several books available that explains them fully, we all know that foods that are organic and free of toxic chemicals are excellent for you but this book was written based on Homeopathic formulas, i will be happy after

continuing to read the book if i can find these formulas that can help me.

this book is very informative, has self tests for thyroid and other hormone imbalances. it has a lot of biological info and natural remedies. it also tells of conventional solutions to balance hormones, has dietary and herbal remedies, also conventional ones, and gives the side effects, if any, for them all. i highly recommend this book to any woman that wants to understand their body better, and wants to take their heath into their own hands.

Somewhat overly academic. I don't need to know all the science behind my hormones, but the information on how to balance them is invaluable. If every woman learned how to balance her hormones, we'd have no more PMS and a lot less breast cancer and heart disease. Thank you, Dr. Teresa Dale, for all the work you do!

while i'm sure that many of the suggestions in this book are healthy, there is no way that anyone with a life could follow them.

I have heard bits and pieces of this information over the years but Theresa Dale puts it all together in a logical and easy to understand way. She gives solutions and tips to help create a roadmap to good hormone health. I really enjoyed this book and I have learned a lot!

[Download to continue reading...](#)

Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You Lose Weight Without Dieting or Working Out: Discover Secrets to a Slimmer, Sexier, and Healthier You The Women's Health Big Book of Exercises: Four Weeks to a Leaner, Sexier, Healthier YOU! Dog Obsessed: The Honest Kitchen's Complete Guide to a Happier, Healthier Life for the Pup You Love Vegetable Juicing for Everyone: How to Get Your Family Healthier and Happier, Faster! 8 Steps to Reverse Your PCOS: A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World Triumph of the City: How Our Greatest Invention Makes Us Richer, Smarter, Greener, Healthier, and Happier Paleo Tennis Diet: A Guide to Becoming Stronger, Fitter, Healthier and Happier The Better Baby Book: How to Have a Healthier, Smarter, Happier Baby What Your Doctor May Not Tell You About Premenopause: Balance Your Hormones and Your Life From Thirty to Fifty Self-Healing with Sound and Music: Revitalize Your Body and Mind with Proven Sound-Healing Tools Toxic Work: How to Overcome Stress, Overload, and Burnout and Revitalize

Your Career Beyond Preservation: Using Public History to Revitalize Inner Cities (Urban Life, Landscape and Policy) The Perfect Blend: 100 Blender Recipes to Energize and Revitalize What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More Hot Flashes, Hormones & Your Health: Breakthrough Findings to Help You Sail Through Menopause Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science Naturally Triple Your Testosterone: A Guide to Hacking Your Hormones and Becoming Superhuman Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1)

[Dmca](#)