



DHEA: YOUR FOUNTAIN OF YOUTH HORMONE

Susan Richards, M.D.

Dhea Your Fountain Of Youth Hormone

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Finding Your Own Fountain of Youth: The Essential Guide to Maximizing Health, Wellness, Fitness & Longevity , Dr. Patrick Walsh's Guide to Surviving Prostate Cancer Patrick C. Walsh, Janet Farrar Worthington, 2013-01-29 This guide covers every aspect of prostate cancer from potential causes including diet to tests for diagnosis curative treatment and innovative means of controlling advanced stages of cancer

DHEA Susan Richards M D, 2015-05-01 Susan Richards M D one of the most respected women s alternative medicine experts shares her all natural safe and effective program that has helped countless women support their own DHEA production and successfully recover from health issues caused by the lack of this valuable hormone DHEA is one of the most important sex hormones for women with benefits that affect almost every aspect of our health and well being Many research studies have found that when DHEA levels are balanced and healthy in the body it is a veritable fountain of youth The benefits of this hormone are so wide reaching that it is now recognized as one of the most important markers of aging DHEA eases menopausal symptoms and boost heart and bone health It supports the healing of autoimmune diseases arthritis multiple sclerosis diabetes and even cancer It improves sex drives and support lean body mass and increased muscle strength Every woman who wants to maintain her energy vitality zest for life emotional balance and maintain resistance to disease needs to be aware of the benefits of DHEA Dr Susan s Healing Solutions DHEA The Fountain of Youth Hormone provides you with Dr Lark s all natural patient proven program for how to increase the level of DHEA production within your own body through the use of powerful and effective nutritional supplements and herbs as well as valuable information on bioidentical DHEA therapy Valuable information about the chemistry function and role of DHEA in the body Explanation of why our levels of DHEA diminish and how diet stress lifestyle and aging affect DHEA The extremely exciting research on how DHEA benefits our quality of life hormonal health sex drive anti aging and reduces the risk and severity of many diseases How to evaluate your own DHEA levels as well as crucial information on the laboratory testing of DHEA

It's Not My Head, It's My Hormones Marion Gluck, 2019-11-28 Knowledge is power We can t all be doctors but we can all understand our hormone health This is a practical and inspirational book dedicated to helping women be their mental and physical best at any age Jeanette Winterson What if you re not actually going crazy What if you don t need antidepressants after all What if it s not your head but your hormones When your hormones are out of control you lose control and it can feel like you ve turned into someone else entirely Women s hormonal issues are routinely misdiagnosed and misunderstood by their doctors but the lucky ones find their way to Dr Marion Gluck s clinic where she empowers them with her unique knowledge on how to take back control of their bodies and minds With her expert advice from puberty to post menopause let Dr Gluck show you how hormones can become your allies in optimising your mental health and physical wellbeing It s time to feel like yourself again Dr Marion Gluck is world renowned as a pioneer in the use of bio identical hormones for women She has over 30 years experience working as a medical doctor with women all around the world Based

in London she now trains doctors internationally on this life changing treatment [The Complete Idiot's Guide to Vitamins and Minerals, 3rd Edition](#) Alan H. Pressman D.C. Ph.D.,Sheila Buff,2007-03-06 The most up to date lowdown on vitamins and minerals Updated and revised for the first time since 2000 this new edition of The Complete Idiot s Guide to Vitamins and Minerals covers all the latest research and developments in vitamins minerals and supplements in the last six years It features significant new information on Vitamins A and E folate and glycosamine among many others and sets the record straight on much of the conflicting information out there on this subject Covers all research and developments in vitamins minerals and supplements in the last six years Significant new information on Vitamins A and E folate glycosamine and others **The Eight Immortal Healers** Mantak Chia,Johnathon Dao,2017-08-15 A detailed guide to restoring the eight foundational areas of health Explains how each of legendary Taoist masters known as the Eight Immortals has a specific area of health as the focus of his or her teachings Offers practices techniques and guidelines for each of the Eight Immortal Healer teachings including the important roles of oxygen and water in the body nutrition detoxification exercise energy work emotional pollution and spiritual hygiene The Eight Immortals are a group of legendary ancient Taoist masters each associated with a specific area of health or a powerful healing technique These eight disciplines can bestow vibrant health and well being and provide the antidote to the stresses ailments degenerative diseases and toxins of modern life In this guide to the healing practices of the Eight Immortals Master Mantak Chia and Johnathon Dao share the legends of each Immortal teacher and detail the many ways to apply their wisdom through nutrition exercises supplements detoxification methods spiritual practices and energy work They explain how the first Immortal born during the 8th century AD is associated with oxygen considered in the Taoist healing perspective as the body s primary nutrient They discuss how oxygen deficiency is the main culprit in cancer and virus and provide a number of oxygen therapies including the use of hydrogen peroxide and deep breathing to stimulate the metabolism and immune system The second Immortal Healer centers on water and the authors explain how chronic dehydration can lead to a host of ailments and offer advice for rehydrating The other teachings of the Immortal Healers include Nutrition with guidance on supplements superfoods toxic foods and daily meals Detoxification with detailed guidelines for cleansing the body s organs and glands Avoiding environmental poisons with advice on vaccines dental amalgam fillings sunscreen chemotherapy fluoride and pesticides Exercise with step by step instructions for Inner Alchemy practices yoga and breathing techniques Maintenance of the energy body through acupuncture chi kung healing magnet therapy and photon sound beams and Emotional pollution and spiritual hygiene with a wealth of practices for balancing the emotional body and staying connected to Source including forgiveness meditation and karmic yoga By following these Eight Immortal Healers you can take control of your health remove the root causes of the chronic ailments that inhibit well being and longevity and choose to live life to the fullest in happiness and radiant health **The Complete Idiot's Guide to Vitamins and Minerals** Alan H. Pressman,Sheila Buff,2000 Offers techniques for assessing one s vitamin

and mineral needs explores the functions benefits and risks of each essential vitamin and mineral and dispels false cures and remedies

Ancient Secret of the Fountain of Youth, Book 2 Peter Kelder, 2009-09-23 Finally the exciting and long awaited sequel to one of the biggest health and healing bestsellers of all time has arrived When Peter Kelder's Ancient Secret of the Fountain of Youth was released by Harbor Press in 1985 it immediately touched off an incredible sales phenomenon rivaled only by The Celestine Prophecy and Conversations with God In this book readers were introduced to the Tibetan Rites of Rejuvenation a series of exercises developed over centuries in the monasteries of Tibet and credited by thousands for everything from increased energy to better memory weight loss and just looking and feeling younger Almost as quickly as the books filtered across the globe letters began to pour in to Harbor Press requesting more information on these mysterious rites Now more than ten years and two million books later comes a comprehensive companion volume that addresses the unanswered questions of so many readers Picking up where Kelder's book left off Ancient Secret of the Fountain of Youth Book 2 provides the complete Fountain of Youth health program with detailed information on a variety of topics discussed only fleetingly in the original bestseller the history and origins of the Five Rites valuable insights about how the Rites work diet suggestions and easy to follow exercises Illustrated with fifty black and white photographs this guide will help turn back the hands of time invigorating and energizing readers lives as never before

Saving Your Brain Jeffrey Ivan Victoroff, 2002 In this groundbreaking new book a Harvard trained neurologist shows how you can attain lifelong mental fitness Utilizing the latest breakthroughs in research Dr Jeff Victoroff has developed a definitive life changing plan that provides you with the powerful scientifically based methods you need to protect your brain from aging and memory loss Starting today you too can save your brain If you are over forty years old you already know the bad news names may be harder to remember a word may sometimes elude you as you speak you may sometimes misplace your glasses your car keys or even your car But medical research is lifting the veil of mystery off the process of brain aging and offering up strong evidence that you do not necessarily have to accept deteriorating brain function as you get older From the benefits of exercise to the effects of stress relief from what you eat and drink to the kind of work you do from the natural substances that are most likely to help to the new medications your doctor can prescribe this book outlines literally hundreds of preventive measures you can take to keep your mind sharper stronger and healthier your whole life Among the many topics covered in this book are Amazing new studies revealing who is most likely to get Alzheimer's disease and how we can all reduce our risk Powerful evidence showing how the Brain Saving Diet can boost your defenses against memory loss How stress depression anger and low self esteem can literally threaten the structure of our brains and what we should all be doing about it The surprising discovery that inflammation is slowly cooking our brain cells and how we can stop it The two ways you can literally add new brain cells A book that will change the way you live eat and work Saving Your Brain is a wake up call to those people who have long since learned the wonders of taking care of their body and now have the very real chance to provide the same lifesaving care for

their brain **The Casey Diet: Add Ten Years to Your Life** Ken Casey, 2017-05-01 This book is about how to live longer and healthier by diet and exercise without medication. The book shows how the Casey diet can lower blood pressure, sugar, glucose, and cholesterol without resorting to calorie counting or vegetarian diets. The Casey diet also substantially reduces atherosclerosis, stroke, vascular dementia, and diabetes. The book further shows how to lower blood pressure by the use of potassium supplements. The book then demonstrates how to reduce osteoporosis by reducing blood acidity using alkaline supplements. The book further shows how to postpone or even prevent Alzheimer's disease by improving the health of brain cell mitochondria using antioxidants and by increasing the number of mitochondria through exercise. The book next shows how to prevent knee and hip arthritis by improving synovial fluid flow in the joints and how to prevent gout using vitamin C supplements. The book then shows how to reduce the likelihood of cancer by avoiding carcinogenic substances and by improving the repair mechanisms of the cell through antioxidants. Finally, the book shows how flossing can prevent tooth loss and how avoidance of exposure to the sun's UV radiation can prevent vision loss.

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