



Hormones, Health, and Happiness: A Natural Medical Formula for Rediscovering Youth (Hardback)

By Steven F Hotze

ADVANTAGE MEDIA GROUP, United States, 2013. Hardback. Book Condition: New. Reprint. 231 x 155 mm. Language: English . Brand New Book. Do you want to maintain your health and energy level as you age? If so, then it is essential that you replenish your declining hormones. In *Hormones, Health, and Happiness*, Dr. Steven Hotze reveals how restoring hormones to optimal levels using natural, bioidentical hormones enables women and men to regain their vitality. Dr. Hotze discusses the frequently overlooked problem of hypothyroidism, which commonly affects women in midlife. Too often, women with all the signs of low thyroid are told that their blood results are normal. Find out why women should believe what their bodies are telling them rather than the results of a blood test. The conventional medical approach treats symptoms with anti drugs, such as antidepressants, antihistamines, antispasmodics, anti-arthritis, and others, rather than discovering and correcting the underlying problems of these symptoms. In *Hormones, Health, and Happiness*, Dr. Hotze discusses symptoms of women and men in midlife, which include fatigue, weight gain, headaches, depression, insomnia, hot flashes, joint and muscle pain, brain fog, loss of interest in sex, allergies, and recurrent infections, to name a few, and addresses...



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