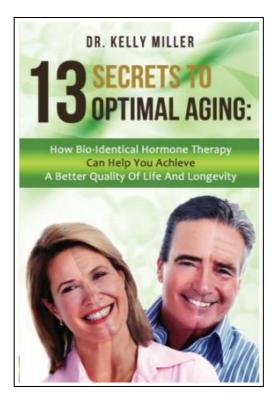
## 13 Secrets to Optimal Aging: How Bio-Identical Hormone Therapy Can Help You Achieve a Better Quality of Life and Longevity (Paperback)



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### Reviews

Merely no phrases to describe. It really is rally intriguing throgh reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.

(Kattie Wunsch)

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Hoffman Clinic for Optimal Health, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. The 13 Secrets are the optimal function of the endocrine (hormone) system, including the thyroid and adrenal glands to help to achieve a better quality of life and longevity. The book informs you of the differences between synthetic and natural bio-identical hormone therapy, the different methods of testing the hormones, the different methods of administering hormone replacement, and the many different conditions that can benefit from this approach. Case histories are included to understand the process and expected results. Foreword by David Brownstein, MD. For more information, go to.

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