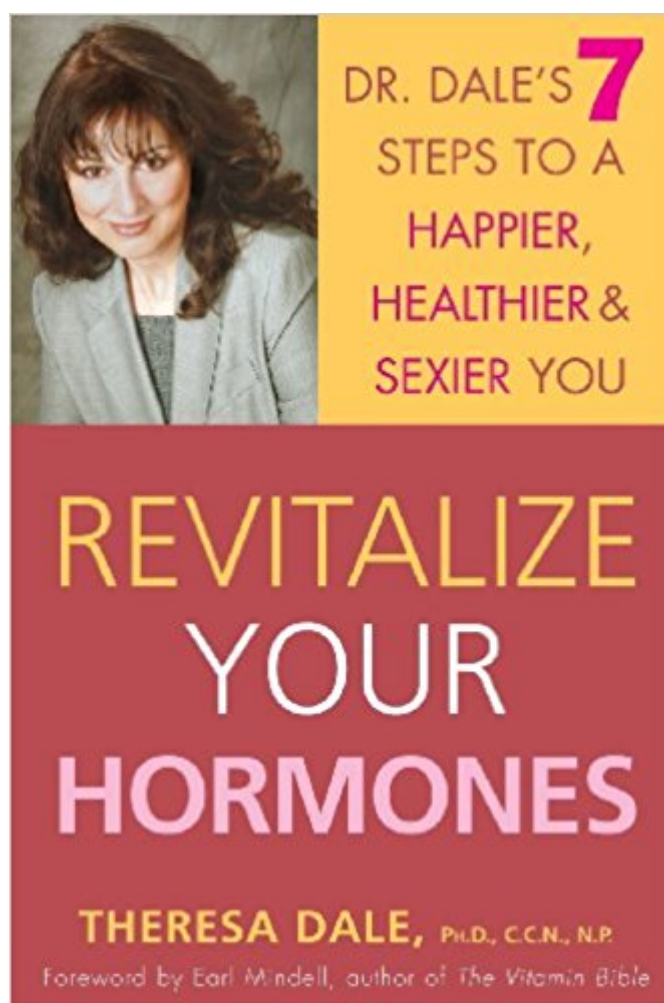


The book was found

# 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: 3.6 out of 5 stars 24 customer reviews

Best Sellers Rank: #995,650 in Books (See Top 100 in Books) #60 in [Books > Textbooks >](#)

Medicine & Health Sciences > Alternative Medicine > Holistic Medicine #205 in [Books](#) > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Endocrinology #381 in [Books](#) > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Obstetrics & Gynecology

## Customer Reviews

"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."#151;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."#151;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 be Hormone 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#151;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#151;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#151;and start looking and feeling your best.

THERESA DALE, Ph.D., C.C.N., N.D., is a naturopathic doctor in private practice, the creator of many medically proven homeopathic formulas, and the founder and Dean of the internationally acclaimed California College of Natural Medicine.

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.

I gave this book a five star rating because Dr. Dale was very thorough in addressing first what hormones are and how the endocrine system works in the body. In other words she took the reader step by step to educate first about the potential harmful effects of synthetic HRT and hysterectomy then offered solutions to the many problems women face when hormones are out of balance. What I really liked is that she offered alternative solutions to heal the body not just cover up the symptoms with pills. she offered dietary tips and recipes. It's just a fabulous book of knowledge enabling women to take charge of their own health.

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!

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!

A big help in evening out the everyday problems we all seem to come face to face with. Very enlightening.

She lost her license and doesn't write in an easy to follow way.

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.

Good info. Just a little too much excess commentary in her style of writing.

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

Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You  
The Multi-Orgasmic Diet: Embrace Your Sexual Energy and Awaken Your Senses for a Healthier, Happier, Sexier You  
The Women's Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day!  
The Women's Health Diet: 27 Days to Sculpted Abs, Hotter Curves & a Sexier, Healthier You!  
The Women's Health Big Book of Exercises: Four Weeks to a Leaner, Sexier, Healthier You!  
The Life Plan Diet: How Losing Belly Fat is the Key to Gaining a Stronger, Sexier, Healthier Body  
Balancing Your Hormones With Essential Oils: How Essential Oils Can Help To Reset Your Hormones  
Dale Groom's Texas Gardener's Guide (Dale Groom's Texas Gardening Guide)  
Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life  
The Vegan Way: 21 Days to a Happier, Healthier Plant-Based Lifestyle That Will Transform Your Home, Your Diet, and You  
Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do  
Chair Yoga: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You  
8 Steps to Reverse Your PCOS: A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility  
Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1)  
Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8  
I'm a Girl, Hormones! (For Ages 10 and Older): Anatomy For Kids Book Explains To Older Girls How Hormones Are Changing Their Body (I'm a Girl)  
Hormones, Health, and Happiness: A Natural Medical Formula for Rediscovering Youth with Bioidentical Hormones  
Mastering the Life Plan: The

Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body This Is My  
Brain on Endorphins: How I Got Fit, Healthier, and Happier (And You Can, Too) What Your Doctor  
May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to  
Fifty (What Your Doctor May Not Tell You About...(Ebooks))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)