

THIERRY HERTOEGHE, M.D.

with JAMES JACQUES MAROT, M.D.

FOREWORD BY DR. BARRY SEARS

HTHEORMONE SOLUTION

— STAY YOUNGER —
LONGER

with NATURAL HORMONE and NUTRITION THERAPIES

• INCREASE YOUR ENERGY LEVELS • OPTIMIZE YOUR MOOD • RELIEVE
STRESS AND ANXIETY AND INCREASE INNER PEACE • IMPROVE YOUR
MEMORY • RE-VIGORATE YOUR SEX LIFE • SLEEP WELL • FIGHT WRINKLES
AND GRAY HAIR • CONTROL YOUR WEIGHT • PROTECT YOUR HEART •
EASE JOINT PAIN • STRENGTHEN BONES • BOOST YOUR IMMUNE SYSTEM



Dr. Thierry Hertoghe

The Hormone Solution: Stay Younger Longer with Natural Hormone and Nutrition Therapies



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America's perceptions about the inevitable ramifications of aging are about to be completely rethought, because of groundbreaking new info from an internationally known expert on hormones and antiaging medicine. Thierry Hertoghe, M.D. is definitely revolutionizing the medical field along with his work, showing us how to treat chronic illnesses and the large and small aspects of aging through the use of preventive measures to drastically slow the aging process and its effects without costly procedures and surgeries. The Hormone Solution: Stay Younger Longer with Natural Hormone and Diet Therapies is the first book that provides a prescriptive system to counter memory reduction, weight gain, wrinkles, shrinking muscle mass, impotence, hair loss, and a host of other signs or symptoms of aging. With a foreword by famous doctor Barry Sears, The Hormone Remedy is filled with self-scoring checklists, eating plans, nutritional prescription plans, and hormone purchasing lists that help every reader calculate his or her personal hormone profile. 3 to 12 years younger than their actual age. to help people preserve physical, mental, and emotional health and literally bring back their bodies to a state that's together with a healthy diet and supplement and mineral supplements— He identifies the fifteen primary, crucial hormones within your body and explains the process that restores each hormone to its correct level. Hertoghe offers an effective plan of hormone alternative therapy using safe, low doses of natural hormones— Dr. D. The Hormone Remedy is usually a landmark publication that may revolutionize how people age, allowing us to live longer, healthier, and happier lives. From the Hardcover edition.



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Succinct, Credible and Useable I have small to add to the more detailed testimonials other than to verify that this is an outstanding little publication whether you will want general knowledge of the function (or lack thereof) of hormones or have a specific problem that could be hormone related. Well, aside from some minor aches in the first morning, Personally i think amazing in every way. It is an interesting appear at hormone treatment that had not been taught if you ask me in school. it's excellent! The publication gives you testing/quizzes to discover what symptoms you think you have.. With that said, Dr.not everyone are able regular HGH shots!The author, a medical doctor, gets the credentials to give his recommendations authority. This is definitely an advisable addition to anyone's wellness library. Amazing Information about how to get control of your physical well being. disadvantages I helped me decide to continue until I found physician who "listened" instead of played "parental" role.Unlike many such authors, there wasn't a difficult sell for his particular line of supplements and consideration for finances was evident. Hormones to look into for specific problems. Nutritional and supplement details. This reserve weighed the pros & This book's recommendations relies on increasing growth hormone because of the pituitary gland's reduced production of growth hormone as we get older. Very Informative. Certainly Recommended. Great, easy to follow book with a lot of good details about bio identical hormone substitute therapy (BHRT). Meanwhile, joint replacements, pain, and a wheelchair are not what you seeking to achieve. BHRT is usually superior in it's security and effectiveness over regular/synthetic hormone substitute therapy. The only cause we did not give this book 5 celebrities is that people do not agree with Most of Dr. Hertoghe's remedies.. Hertoghe happens to be a pioneer in the ever developing acknowledgement of the amazing benefits of bio identical hormone alternative therapy. Very pleased with the complete and right information in this publication. I have read so many books regarding the whole Hormone issue and this may be the best. Has details which I can consider to the Doctor and also have the check done.! I have been in a position to resolve all my problems just from going with what is talked about in this publication. I would suggest this book to anyone who is willing to try to help themselves. I am 58 and got a total Hyst at 45, yes I have already been dealing with all the Menopause issues since that time. The book includes a general overview of hormones and the importance in both daily life and long term health.. I am a vegan aswell, actually I've never felt so excellent after following the details for HRT in this publication.Life is very good now!! Some Doctors have no idea very much about the Hormones as comprehensive as this book goes. Knowledge with Application This book is amazing. Most books only let you know what the hormones perform, but this book will go beyond that. How to increase your hormones naturally AND step-by-step on how to do-it-yourself or people who can help. I am right now a lover of Thierry and look ahead to

reading his various other books! Latest strategy assisted my individual seek out discussions with physicians ReInsated my prescription which had lapsed due to retirement of physician who also originally prescribed--took a season to find another general practitioner with an increase of modern ideas compared to the several I "interviewed" to be my new (after 30-years with the retiree) OB/Gyn. How to talk w/your doctor and how to get Natural help w/prescriptions for your issues. This is a well-planned book, by a DOCTOR who knows how to appear at a person all together person. I'm a little bit aged for that. Google it, in the event that you question me. I take a Cross Fit course 3 mornings a week and take yoga exercises two.. BE CAUTIOUS! If u want to explore understanding these things and what is going on with u in the process, this is the book for u! I'm surprised I managed to get through actually the first few chapters of the uninspiring book. He is kind, brilliant, and very knowledgable Extremely informative and helpful! I get myself using this book as a mention of help weigh and balance the very best training course for my individual requirements. I'm glad there exists a spot to turn for solutions to some - not all - of the issues linked with hormones. I would recommend researching your symptoms in this reserve, make a list, and schedulae an appoitment with a doctor addressing your issues. Five Stars great information Highly recommended Actually useful, detailed straight-forward information, with a questionnaire so that you can very easily identify areas you're depleted in and how exactly to help resolve them. Become VERY careful. Checklists allow visitors to zero in on their specific issues and suitable supplementation to provide support for hormone levels is also supplied. It would have already been extremely thoughtful of the writer if he'd shared at length his hair-care and attention regiment and the precise items he uses on his locks in addition to all supplements is taking. I saw Thierry speak. After reading it, I required nothing enlightening from the book other than a chart that was given in one of his earliest chapters. His publication style is based on the "if you have such-and-such symptoms, you then might have such-and-such, or this-and-that, or maybe this-that-and-the-other." Jeez, I know I've such-and-such symptoms that is why I purchased the book in the first place. He is vague about what he did to solve this problem -- a problem that many are desperately suffering from, especially those going right through middle age group and hormonal problems. Also noted is that he was suffering from hair reduction at some point however now sports a mind filled with thick hair. What I'd like you to tell me is how to rectify or diminish the intensity of it. This One Is NO Solution To Me Boring. Five Stars Easy to understand A genuine eye opener! This book is written in an awesome format that is understandable and good for the lay person and medical provider alike. The effect of aging, stress, and other factors is also detailed. Very helpful Awesome. Fantastic. Can't rate this book highly enough; The pituitary does just what it must be doing by reducing the growth

hormones. I had a pituitary tumor that caused an increase in growth hormone (as this reserve recommends).!. Among other complications, the legacy of increased growth hormones has left me with crippling arthritis. I am lucky though, I could have died. Make sure you find out about acromegaly ~ a condition with extra growth hormone in the body, and think lengthy and hard before you increase your growth hormones.! Follow these suggestions at your very own risk. You won't suffer the arthritis for years after the increase in growth hormones. BHRT is fast becoming known for it's incredible recovery and preventive properties. Careful!!!! The condition is called ACROMEGALY. You are using fire!



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