



SUZANNE SOMERS

THE EXPLOSIVE
NEW YORK TIMES
BESTSELLER

THE SEXY YEARS

**DISCOVER THE HORMONE CONNECTION:
THE SECRET TO FABULOUS SEX, GREAT HEALTH,
AND VITALITY, FOR WOMEN AND MEN**

FOREWORD BY ROBERT A. GREENE, M.D.
AUTHOR OF *PERFECT BALANCE*

Suzanne Somers

The Sexy Years: Discover the Hormone Connection: The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men



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Getting older can be brutal—women put on weight, lose their sex drive, experience hot flashes, suffer storage loss, become short-tempered, find it difficult to sleep, and on and on. It's not easy for men, either—they start to lose energy and stamina because they age, too (plus they have to live with women going through menopause). After years of being thin and in shape and active, Suzanne herself encountered the “Seven Dwarfs of Menopause”—These really are the sexy years! Suzanne shares the very best assistance from these doctors and a resource set of physicians and pharmacies. With bioidentical hormone replacement therapy, Suzanne has found the fountain of youth, the elixir that has made her experience thirty years aged again. The result is *The Sexy Years: Discover the Hormone Connection—THE TRICK to Fabulous Sex, Great Wellness, and Vitality, for Men and women*. From the Hardcover edition. Taking organic bioidentical hormones. How Suzanne turned her life around, with information regarding how often she appointments her doctor, blood function, what hormones she takes, ways to get these hormones, and even more• Suzanne makes it perfectly clear how men and women can regain their zest for life at any age group. The key to her happiness?s and men' Organic hormones, which mimic the hormones stated in our very own bodies that are nearly completely lost with aging, are the response to the symptoms of menopause that plague females. Recent results from the medical community show that synthetic hormone alternative therapy (HRT) may be harmful to women—What the variations are between synthetic and bioidentical hormones, and why bioidentical hormones help ladies lose pounds, reinvigorate their sex lives, and combat the symptoms of ageing• In *The Sexy Years*, Suzanne involves the rescue with a step-by-step program and detailed information about how women may take control of their wellness, for themselves and because of their men, including:•thus, thousands of women are searching for what else they can do to alleviate their symptoms. How doctors usually do not receive adequate training about hormones and so are slaves to the pharmaceutical market, and what queries every woman must ask her physician about hormone substitute therapy and her health•s health insurance and sexuality to create an inspiring, accessible call-to-arms to ladies to radically rethink how they approach existence after fifty, and give them the tools to carefully turn their lives around. What male menopause, or andropause, is and how males can also consider bioidentical hormones and regain the energy that they had within their youth• What a variety of specialists consider natural hormones, wellness, and sexuality—Rather than living out the others of her lifestyle cranky, sleep-deprived, and libido-less, Suzanne set out to discover how she could easily get her brain, body, and life back and banish those pesky dwarfs for good. In combination with her Somersize diet and workout plan, which she also writes about right here, Suzanne has never felt better. The beauty of growing older, she maintains, is certainly that you can combine the wisdom old with the vitality of youth. Suzanne has found that the second half of existence has been even more rewarding, fun, and purposeful than her more youthful years. Itchy, Bitchy, Sweaty, Sleepy, Bloating, Forgetful, and All-Dried-Up. In this passionately argued and enormously useful reserve, Suzanne supports her own research and encounters with the knowledge of leading doctors in the field of women'



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Very Helpful in case you are considering BHRT! Glad I did so ! It is very thorough and well written on the topic of Bio-Identical Hormone Alternative Therapy.. It was very useful and I am today on Bio-Identical Hormones and I feel Better! Women, I have learned that we do not need to suffer from PMS. Thank you Suzanne Somers for your time and research to teach us on this subject matter! An Oldie HOWEVER, NOT Moldy This is her original book about hormones that helped popularize the bio-identical hormones. Most are way too costly for me to afford and involve meds, injectables, etc. I QUICKLY started having hormone problems and wished to read it once again, therefore i bought another copy. Two phrases. My attitude about hormones provides changed as time passes, and I am much less enamored with using bio-identical hormones as I utilized to be. One day, I hope to be able to afford a few of the stuff I find out about. May this book be considered a blessing to you as it has been to me personally. I used to consider 3 female hormones.. Four Stars It is an awesome book. Wright & If I do not get hot flashes, which I don't, I'm happy. A lot depends on what stage of life you are in. an excellent read.. I also recommend Doctor Jonathan V. whether you think or not I grew up with Suzanne Somers on TV weekly. Doctors give us Prozac for that, but all we are in need of is natural bioidentical prescription progesterone. She has the \$\$\$ and evidently the MD friends to business lead her, by the hand, to her great looks today. She knows her stuff, did her homework and makes the reserve an EZ read and very informative. Many of the things I did so or exhausted. I had this publication before some years back again, but I offered it aside. Now I just take one that I buy over the counter. Loved this book Loved this book Thank you Love this publication, very informative. Simply by Cosmetic or Dermatologic MDs.. I needed to research all I could on the subject matter, so I got this book (audio book). You will see out when you read this book this is simply not true. If you are thinking about the bio-identicals, I desire you to learn and research widely. Women Have to Read This Book!! Suzanne Somers does a wonderful job informing women (and men, too) about bioidentical hormones and how organic bioidentical hormones maintain us young, active, and seeking great. This book is written in a manner that is easy to learn yet incredibly beneficial, and it produced me want for more information about bioidentical hormones. So, I've since read 3 more books on this issue all because of the curiosity Suzanne Somer's book brought out in me. Suzanne provides used her celebrity status to let all of us know that we can, indeed, age gracefully. To consider BHRT is an individual choice for everyone, and this publication answered all my queries and then some. I understand her wanting to remain as young and good looking as possible, PROVIDED THAT POSSIBLE. I am please to state the Doctor I was going to is currently sending his sufferers to a person who is qualified to help them with Natural Hormone Replacement. Just what a criminal offense. Somers informs us on these topics along with many, a lot more.. And, when you finish reading this one, go through Dr. Reiss's book called "Natural Hormone Balance," another important resource and interesting read. Great Book on Hormones I am a Breasts Cancer survivor. My Family Doctor suggested I read Suzanne Somers Book. When your hormones are kept balanced it is a security from Cancer. I wish I had go through this book years back. This book explains all about the importants of what can occur if your hormones aren't well balanced. Also the importants of using Organic Hormone Replacement rather than HRT. The Sexy Years. The Doctor I went to did not understand balancing your hormones with Natural Hormone Replacement. The Doctor also stated I did not want progesterone because I acquired a hysterectomy. probably some simply by Plastic Surgeons who do surgery, as well. Progesterone helps also to stability your hormones and protect your center and bones. Also, women are needlessly dying from heart attacks because they are taking artificial hormones.. What little male hormone I need I can complete herbs. John Morgenthaler book Natural Hormone Replacement book. There's lots of confusion and misinformation out there about hormones however, many wise advice also. champion of women all women owe it to themselves to learn suzanne's books. they are all the same. i consider myself smart and educated but i acquired no idea how little i understood about my body until i began reading suzanne's books. i'm so grateful that she actually is out there for us and all women should become aware of this material. Love her Just

received this book in the mail today. This reserve will provide as my guidebook and point of reference. In fact, I was waiting on this reserve before I made my doctors appointment so you can get my hormones checked. It looks completely new as stated. Suzanne is a great consultant and researcher. I've valued her opinion for a long time and also have never been let down. Excited to have this book as part of my library. Glad I did This copy was a gift. However, I did so have the chance to read this, a few years back. I found it very informative . I did, shortly after, take much of Suzanne Somers guidance, and seek Bio similar Hormone therapy. Even though this book is now a few years aged and science is improving constantly, this is still a fantastic read. I don't want to write a review Nothing to say about this book but I cannot get it off my screen until I actually write something. I don't agree with everything it says, and I think it's just a little outdated, but it's a good reference to have around in the event that you keep up with your hormones or make use of bio-identicals.. Lighting years before what the doctors are advising ladies about the next half of their lives. Four Stars unusual one is enough any one of her books is alright. there is indeed much info that your doctor isn't going to tell you unless you have one which is progressive and up to date and actually cares about why items happen to you rather than just slapping a bandaid on a symptom. I believe it's safer. I'm glad I bought this book. This book is a remarkable, eye opening read and I whole heartily recommend it. Five Stars EXCELENT INFORMATION AND REFERRALS . Five Stars I purchased most of Suzanne Somers books



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