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*with Kelly Griffin*

# Hormones, Health, and Happiness

*A Natural Medical Formula for Rediscovering  
Youth with Identical Hormones*



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# Hormones, Health, and Happiness: A Natural Medical Formula for Rediscovering Youth with Bioidentical Hormones



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Do you wish to sustain your health and energy level as you age? If therefore, 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 organic, bioidentical hormones enables people to regain their vitality. Dr. Hotze discusses the frequently overlooked issue of hypothyroidism, which commonly affects ladies in midlife. It's time to consider charge of your wellbeing and get your life back again. Find out why females should believe what their bodies are telling them rather than the results of a blood check.

**Treatment of yeast overgrowth** • In *Hormones, Health, and Pleasure*, Dr. Hotze discusses outward indications of people in midlife, such as fatigue, weight gain, headaches, depression, insomnia, popular flashes, joint and muscle tissue pain, brain fog, lack of interest in sex, allergy symptoms, and recurrent infections, to name a few, and addresses their solutions. His comprehensive eight-stage wellness program can help you strengthen your disease fighting capability, balance your hormones, and boost your energy level. The program encompasses:

- Treatment of food allergy symptoms
- Treatment of low thyroid

Hotze's traditional medical approach treats symptoms with "Supplement and mineral supplementation"

- Treatment of adrenal exhaustion
- Treatment of hormonal decline and imbalance
- anti-... medications, such as for example antidepressants, antihistamines, antispasmodics, anti-arthritis, among others, rather than discovering and correcting the underlying problems of the symptoms.
- Treatment of airborne allergies

Nutritionally balanced eating program

Dr. Hotze demonstrates how many health problems could be solved safely, successfully, and naturally without medicines. In case you are sick and tired of being sick and tired, then it's too often, women with all the signals of low thyroid are informed that their blood results are regular. By following Dr. Hotze's recommendations you can begin your journey down a life-long path of health and happiness.



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This is a book that each MD that treats women should read.. who actually listens to his sufferers and not so very much to blood-tests. He recognizes that patient's symptoms and background ought to be the deciding element, with blood-examining being secondary (although hopefully confirming his diagnosis). Like a lot of the medical community, he retains to the fact that you only have iodine-deficiency when you have a goiter, otherwise that isn't the cause of your problem. Case histories are also utilized as examples through the entire book. I only really have two problems about the reserve: One, his explanation of iodine-deficiency in hypothyroidism. He doesn't get into extreme fine detail on each individual hormone, as much as you would enter a book dedicated to that (normally), but he offers a lot of good information on physiology and remedies. They liked it Excellent book. Other medical experts say that your thyroid only needs 3mg consistently to be fully saturated and useful. There is no way you're getting that much in the typical American diet, despite having iodized salt. Not even remotely. Contrast that with Japanese individuals who get about 13 mg a time! Iodine isn't to become feared and treated just like a trace mineral." He will admit that People in america eat way too many carbs and sugar, which is great (and true), but he still mentions eating lean meats and smaller amounts of healthy fat. My second (smaller) complaint is approximately his "ideal diet. It really is absolutely essential to the whole body, not just the thyroid. S. Yes, some types of saturated extra fat are harmful to you, but some are absolutely healthful and really should be eaten regularly. Also, eating fats with carbs causes problems of it's own, but it isn't the fat alone that is causing the issue. For the naysayers who've posted negative reviews: 1) Yes, Dr. Dr. Every woman in pre or post menopause should read this. An important book for anyone with health issues I was happy to read a reserve written by an M. It is research based, and a exceptional description of the interaction between allergies and hormonal imbalance. I think that natural supplements ought to be taught to all people working in the medical field. Dr. We complete the baby/toddler stage but stuff don't transformation, they worsen. He also makes a wonderful case for actually listening to his individuals and not just basing everything on tests - which might not show the true medical issue. I believe we have all had the experience of experiencing a couple of ongoing symptoms, but because the blood test didn't display anything, the physician writes you off and goes no more. This book will probably be worth the read. Outstanding I actually enjoyed reading Dr. Hotze's book: Hormones, Health, and Happiness. Came promptly. I have already been having many health issues talked about in the book, without success at the doctors workplace. A Must Read! I am on the path to recovery using supplements suggested in the book. Because so many MDs tend to write-off women's issues, or are just too lazy to do the research to learn and learn how to deal with them, we have to develop a better understanding of our bodies, especially those pre or post menopause. I am not really against doctors, they're an abundance of knowledge. If you want further reading on the topics in his publication, I would recommend "Adrenal Fatigue" by James Wilson, and "Iodine: Why YOU WILL NEED It, Why You Can't Live Without It". Hotze publication inspired me to make changes in my life. Three Stars Came promptly. The material was not what I was looking for. What a wealth of information when I needed it.! Hotze is an excellent writer and an exceptional doctor. We're trying to exercise and consume well but heavier than ever before, feeling harmful, exhausted, drained, disappointed and defeated, unfortunate and lonely. When I found this book, every web page was confirming what I acquired known all along.. borderline depressed. It's hormonal - we know this and we inform ourselves this. But Doc says "that is normal, it's component hormonal and part which you have A Great deal on your own plate, it's only a phase, things are certain to get better,..D. This Publication Changed MY ENTIRE LIFE For The Better!" he says this as he chuckles trying to make you feel much better. After that Doc pulls out his script pad and you also leave with `xyz' to help you sleep, and `xyz' to help your moodiness, and `xyz' to help with energy. I'm not saying we've bad docs, they have years of great traditional training, but much of it really is now habitual analysis - - we have to become more informed on what our options are. MANY THANKS Dr. Hotze for informing me! (I like my

doctor's) I really believe that their understanding should be prolonged to incorporate supplements, promote healthy diets, and exercise. Finally Excellent Information. Good Book Seems to be an excellent book - although I haven't finished reading it yet. I proceeded to go one step further and contacted the author's medical practice in Houston, hoping I possibly could learn about the treatment(s) he gives first hand however the solutions offered are prohibitively expensive for most people. The office staff is incredibly polite, helpful and helpful. It was very disappointing to get that their charges are so high and their plan requires an extremely large payment completely in progress! At this point it appears as though I will need to complete the publication and vacation resort to self-help (attempt to implement what I am able to by myself). Five Stars Great book Five Stars Extremely informative and helpful. Was something special. They liked it Was something special. But a goiter reaches the extreme selection of iodine insufficiency, and there is lots of area for dysfunction before after that. Great book! Life Changing For many of us, we have our initial baby, things may be fine, we've another, OK a little harder, not obtaining the weight off, experiencing weird allergies NEVER before had, we're exhausted, constantly tired and cranky but our family is beautiful and isn't this the life span of a young mom?! Finally, a medical Professional talking straight to us lay people. Really enjoyed reading through this. Excellent Information. This publication is life changing!! Hotze has a clinic not to mention he promotes it. Hotze for the various tools, analysis and the assistance to help me heal myself without fake chemical substances. After reading the reserve, I located a health care provider who runs his practice just like the book. aaaand then you'll hit menopause! This book changed my life for the better. Almost 9 years ago I was ready to throw in the towel. I felt so horrible on a regular basis and experienced been to 1 doctor after another trying to find the issue. My son also suffers low thyroid and he also visits the clinic, he's in his 20's and male.. It has been very well documented in various books (Good Calories, Bad Calories, Primal Body, Primal Mind, etc). Thank you Dr. If you had the solution to therefore many people's health issues, I question you'd want to keep it a secret. In the last 10 years I've seen the bio-similar hormone and low thyroid motion growing all over the U. Again, you'll find nothing inherently evil or unhealthy about most fats. 3) It is fact, not really fiction, that the general blood lab tests most doctors work for low thyroid are inconclusive rather than dependable for a diagnosis. 2) This is simply not just for 'older ladies post menopausal' I was in my mid 30's when I 1st visited Dr. Hotze's clinic. All the doctors would perform was say "test results normal" and make an effort to tell me I was depressed and needed to be on an anti-depressant. Nowadays that can be done a search and discover a doctor who offers such therapies in most any city.



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