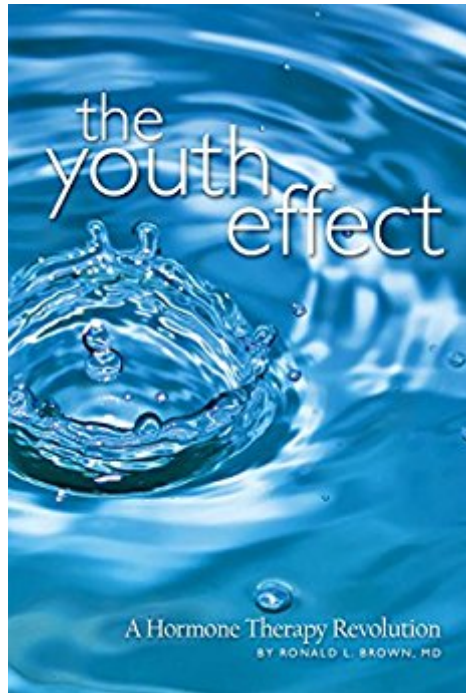




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The Youth Effect : A Hormone Therapy Revolution



Synopsis

Considering hormone replacement therapy? Barraged with conflicting messages about its safety? Do you wish you could cut through the confusion and find out exactly what you stand to gain or lose if you choose the HRT path? In *The Youth Effect*, Dr. Brown offers a clear, concise view to the heart of these weighty matters. Here, you'll learn why just about everything you've read in the media about HRT is wrong. Also in these pages: A balanced look at the risks and benefits of hormone replacement; How to eat and exercise, which medical tests to obtain, and which supplements to take to slow your body's aging and enhance your quality of life; It's not about not aging; it's about aging successfully. Welcome to *The Youth Effect*.

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Customer Reviews

I started suffering from Hormone deficiency over 20 years ago. So I had already done a lot of research on the subject. This book is well written but did not offer me any new insight. I don't know what I expected, women's issues are the last to be researched.

As a physician, and a urologist at someone trained in men's health, including hormonal management, Dr. Brown's book was such an eye-opener. Decades ago, when going through medical school and residency, we were taught about all of the evils of hormonal replacement or enhancement. Unfortunately, for many patients, I practiced this philosophy about avoiding hormones, especially testosterone, for years. Funny how things change when one starts getting up there in years. At age 50, the symptoms as described in Dr. Brown's book, related to testosterone decline, were becoming not just noticeable, but were affecting my well-being. A fellow physician told me about this book, and it changed my entire outlook. What I had been taught was correct-at that time. But today, we have bio-identical hormones, not hormones from pregnant horses and other such sources, but completely identical replacements. I then looked at the scientific literature, and many of the "old-fashioned" beliefs about hormones, for both men and women, were being uprooted; replaced with peer-reviewed literature showing the benefits of treating hormonal imbalance, with the medications available to physicians today. Read this book, and take it with you to your doctor along with your questions. Dr. Brown addresses each detail with parts that the physician can follow-up on the references noted in the book, and prove to him/herself that times have changed for the better because of proper hormonal management.

If along the way in your life you decided to start taking care of yourself, with all the usual recommendations concerning diet, exercise, etc., including regular checkups courtesy of the traditional health care system, and you feel that in spite of your best efforts you don't look, feel, or act as vital, energetic and strong as you thought you would, I encourage you to read this book. The author, Dr. Ronald L. Brown, is a leader in the emerging field of anti-aging medicine and bio-identical hormone replacement therapy. Others have also produced good work on this subject, including Suzanne Somers, and Dr. Eugene Shippen ("The Testosterone Syndrome"). Having read these books, and others, I would say Dr. Brown's work is the most comprehensive (for both women and men), and best written book on the subject. It is appropriately titled "The Youth Effect". The information in this book could profoundly transform your life. It is well worth many times the cost.

Dr. Brown's book is well-written and written in "everyday" terms that is easy to understand. I had heard about bio-identical hormones before (previously read Suzanne Somers book) but Dr. Brown's book was much easier to understand. After reading only 2 chapters and scanning some of the other chapters, I made an appointment with their office. Fortunately I live within 30 miles of his office. I have recommended this book to many of my friends.

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