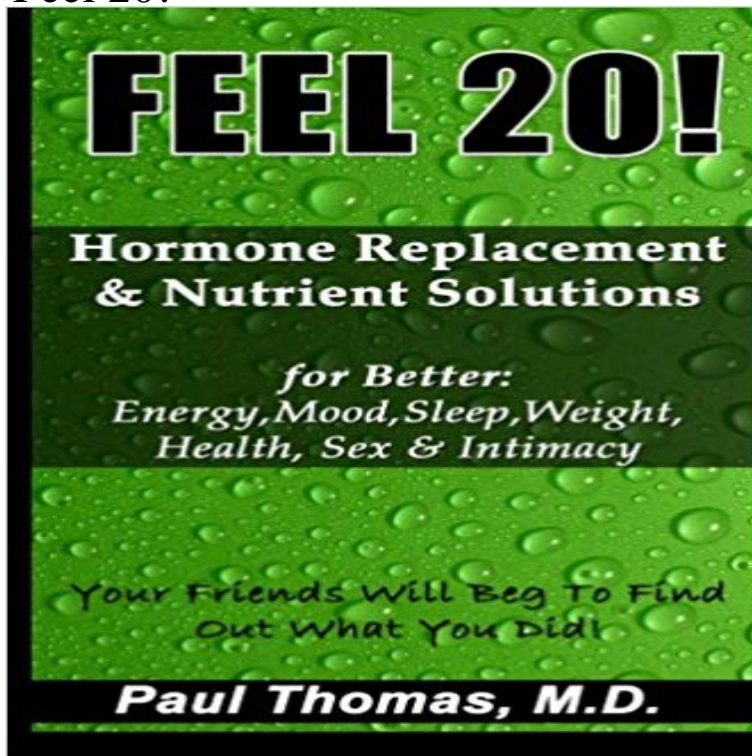


## Feel 20!



This book is about reclaiming your health by optimizing your hormones and nutrients. Are you tired of being sick and tired? Have you had doctor after doctor seem not to care or not to listen or not to understand? Have you been told you are just depressed, or its anxiety or you are fine, that there is nothing physically wrong with you, but you know there is something just not right? Have you been told your blood work is normal but you know something is wrong? Are you tired all of the time, anxious or depressed, having trouble getting good sleep and waking up rested and full of energy and excitement for the day? Are you thinking that your weight gain, fatigue, muscles aches, headaches, mood swings, lack of libido, and many other health issues are just the way its going to be? Thankfully there is a solution. You may be experiencing symptoms of hormone and nutrient deficiencies. You may have food sensitivities, or even be overloaded with toxins. By addressing these four areas with specific testing and treatment recommendations, the healthy life of your dreams is just months away. Would you like to regain the health and energy of a bright young child? Are you aware that your environment, the food you eat, what you drink, and the air you breathe, may be robbing you of health and vitality? Do you know that you are absolutely missing some key nutrients that you need? Are you aware that certain foods are creating an immune response that keeps you feeling tired, foggy, and ill? Do you think that you may have some habits or behaviors that are sabotaging your health? This book will provide you with answers to all of these questions. As a physician, board certified in Integrative Holistic Medicine, Pediatrics, and Addiction Medicine, I bring a unique perspective and refreshingly simple approach to reclaiming your health. Your benefits from reading and implementing

the simple ideas in this book include:  
- increased energy - improved sleep - less anxiety and depression - better sexual function and intimacy - optimal weight - improved health and wellness - reduced dependence on medications - increased strength and fitness

Proof of the benefits of hormone replacement therapy and nutritional supplementation for deficiencies is surfacing everywhere for those willing to look beyond the hopeless message of the pharmaceutical industry that pushes pharmaceutical drugs. Countless post-menopausal women are saying Im having the best sex ever, and young men and old alike are regaining function, muscle, and strength, while losing anxiety and depression that in so many was virtually incapacitating them. I promise that if you read this book, and implement a handful of suggestions within, you will become the master of your own health destiny. You will experience a new level of energy and joy of living. I promise that you will learn the best-kept secrets of the health industry, unknown to most traditional doctors and experts. You will need to read this book to fulfill your destiny of health and wellness. You can live the lifestyle you really want. Imagine how you will feel to wake up with energy, rested and ready to get moving. Imagine your friends and loved ones asking you what the heck you are doing, you look so healthy and energetic? For the person living with a hormone deficiency, replacing hormones using natural biologically identical hormones has health and well-being benefits that cannot be achieved in any other way. This book will help you understand why you have hormone deficiencies, nutrient deficiencies, food sensitivities and a build-up of toxins keeping you ill with compromised energy and vitality. You will learn exactly what to do, which tests to get (just a few will give you the road map back to health), where to go to get these tests done, and exactly how to replace your deficiencies and get back your health, energy, vitality, libido, and general wellbeing.

[\[PDF\] Bach, J.S. - Brandenburg Concerto No. 3 BWV 1048 for 2nd Viola - Peters Edition](#)

[\[PDF\] Creative Calm: A Relaxing Color Therapy Book \(Volume 3\)](#)

[\[PDF\] Sonata in F Major for Treble Recorder and B.C. for Treble Recorder and B.C. 20 Pages](#)

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test while inspiring you with some seriously **none** Compare and buy online ASDA Durex Condoms - Thin Feel (20) from ASDA using mySupermarket Groceries to find the best ASDA Durex Condoms - Thin Feel **Bill says fetuses can feel pain, outlaws abortion after 20 weeks** Editorial Reviews. About the Author. Paul Thomas MD graduated from Dartmouth Medical School and is board certified in Integrative and Holistic Medicine, **Durex Condoms - Thin Feel (20) Compare Prices, Buy Online** Legal Disclaimer. Unless expressly indicated in the product description, is not the manufacturer of the products sold on our website. While we