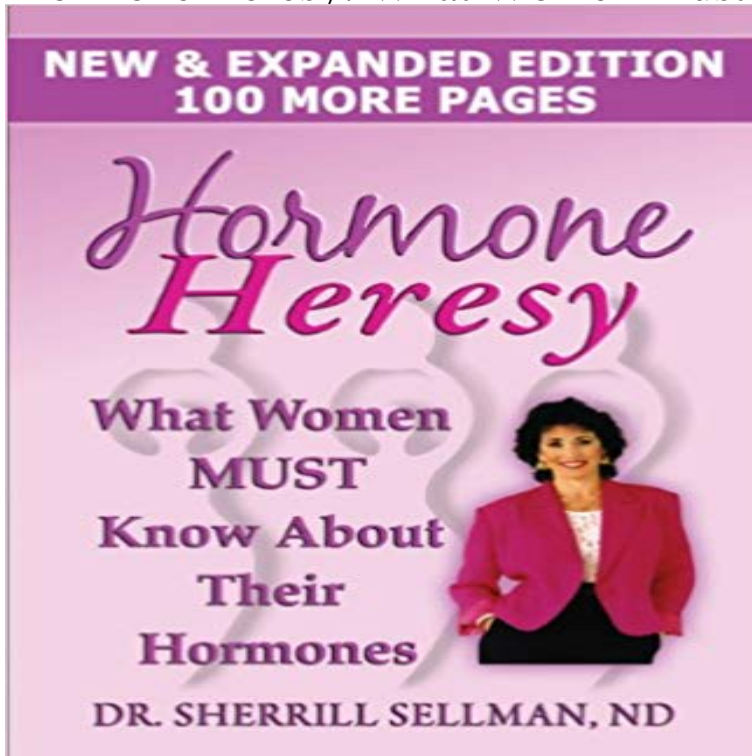


Hormone Heresy: What Women Must Know About Their Hormones



This in-depth, comprehensive book is a **MUST READ** for women of all ages! It is the definitive work on how women can create and maintain healthy hormonal balance throughout each stage of their lives from the menstruating years, through menopause and beyond. While the first editions of *Hormone Heresy* focused on dispelling hormone myths and providing hormone truths as well as natural solutions, in this expanded version, Dr. Sellman includes new, important and life-saving information. *How to Get Younger and Healthier As We Get Older* is much more than just the title of the expanded section; it is a way of life for her, personally and professionally. It is based on her years of meticulous research, discovering and uncovering the latest nutritional finds for the specific challenges of the postmenopausal woman. Dr. Sellman shares leading-edge information that every woman beyond 50 **MUST** know. Read about her discoveries that address the challenges of the postmenopausal years: insomnia, vaginal dryness, low libido, pain and inflammation, toxicity, fatigue, weight gain, compromised immunity and much more.

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