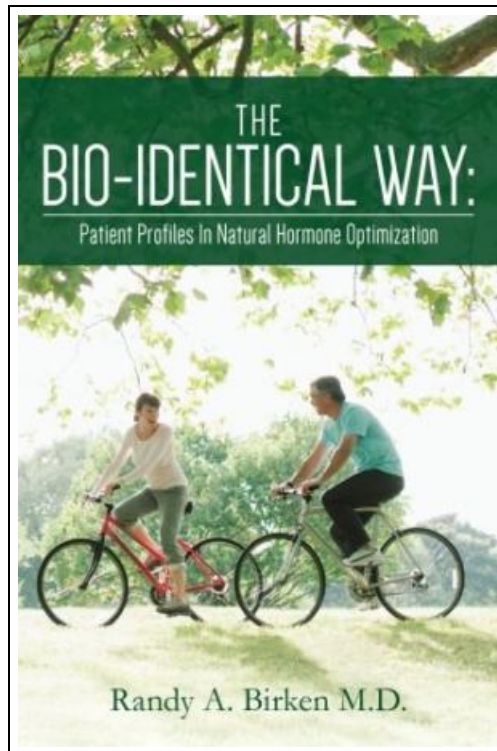


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Reviews

This is the finest publication we have read through right up until now. Better then never, though i am quite late in start reading this one. Its been written in an remarkably easy way in fact it is only after i finished reading through this book by which basically altered me, affect the way i think.

(Dr. Gabriella Hayes)

THE BIO-IDENTICAL WAY: PATIENT PROFILES IN NATURAL HORMONE OPTIMIZATION (PAPERBACK)

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Randy A. Birken, MD, is dedicated to using cutting-edge techniques not only to cure his patients of what ails them but also to inspire them to live healthy lives full of vitality and joy. In his new guide, he shows you exactly how he has achieved these dramatic results. Dr. Birken uses bio-identical hormones as an alternative to the pharmaceutical company synthetic medications and hormones. Through five different patient clinical vignettes, Birken shows how bio-identical hormone replacement therapy can reduce your chance of contracting heart disease, diabetes mellitus, Alzheimer s disease, breast cancer, and osteoporosis; eliminate brain fog, fatigue, and insomnia; stop weight gain; increase your sex drive; stabilize your mood swings; and allow you to live a healthy life independent of antidepressants, sleeping pills, and other pharmaceuticals. Dr. Birken shows you a different way to think about medicine and improve every aspect of your health.



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