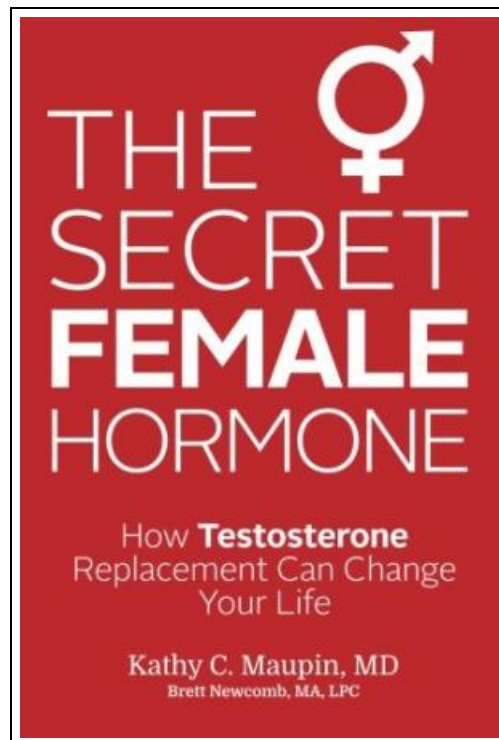


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THE SECRET FEMALE HORMONE: HOW TESTOSTERONE REPLACEMENT CAN CHANGE YOUR LIFE (PAPERBACK)



Hay House Inc, United States, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book. You know the experiences all too well. You can't sleep, so you start your day feeling exhausted. Seemingly overnight, you can't remember names, places, appointments - things you could previously recite at the drop of a hat. You want to be more active, but you have zero energy. And sex? Forget it! By now, you've probably been told this is the natural course of aging. And you might even believe it, because so many women approaching midlife have the exact same symptoms. But millions of women are undiagnosed and untreated for hormone deficiency. As one of the country's leading experts on hormonal balance - and as a woman who experienced these symptoms herself - Dr. Kathy Maupin has identified a debilitating, overlooked health condition: testosterone deficiency syndrome, or TDS. Most people associate testosterone with men, but it's one of the most vital hormones in women, and one of the first to go as women enter their 40s. And Dr. Maupin's own research has shown that the symptoms of aging - fatigue, memory loss, moodiness, low libido, and so much more - are initiated and accelerated by testosterone loss. In this book, Dr. Maupin and therapist Brett Newcomb show how testosterone replacement can radically improve your life. In addition to information on hormone replacement therapy, they share: * Tips for dealing with mood swings, changes in sex drive, and maintaining healthy relationships * Surprising facts on the long-term effects of testosterone loss * Common myths and misconceptions regarding estrogen and testosterone replacement therapy * Questionnaires to help you determine your individual hormone deficiencies Clear, practical, and easy to use, this authoritative guide sheds light on the importance of testosterone...



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