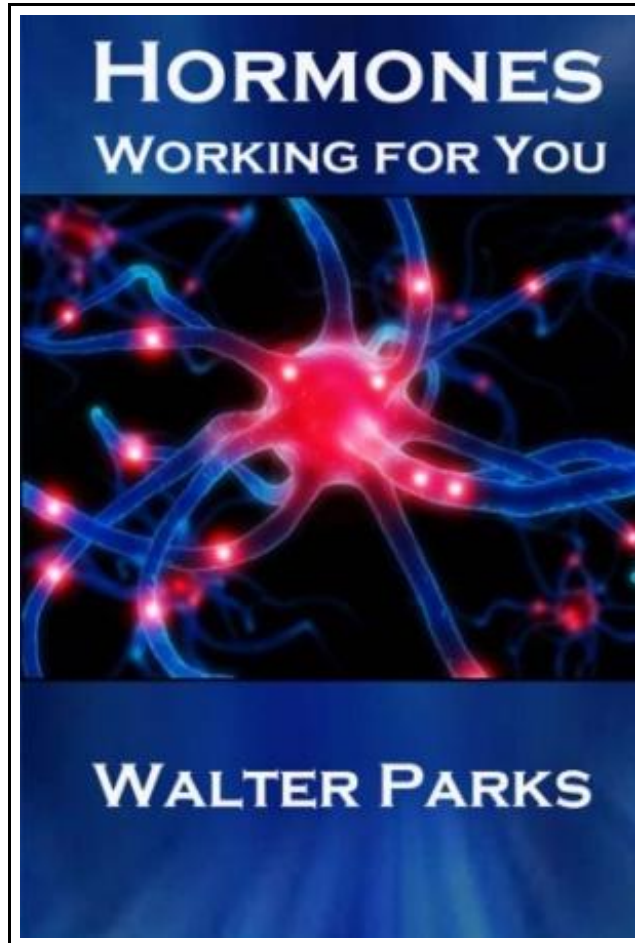


## Hormones, Working for You



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*Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.*

*(Lorena White)*

## HORMONES, WORKING FOR YOU



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Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 154 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Medical science and the unraveling of the human genome have, and are, providing us with great insights into how our bodies work and how we are susceptible to diseases and the aging process. Our new understandings now allow us to significantly increase our healthy longevity. And when we take advantages of these new findings we make ourselves available to take advantages of the even newer technologies being developed. There are seven basic causes that combine to make us vulnerable to diseases and to aging; they are all described in the book *Aging is a Treatable Disease*. One of the major causes is that our endocrine system ceases to secrete sufficient quantities of certain enzymes and hormones to keep up with the cell s battles with the build up of contaminants. The purpose of this book is to describe this major problem caused by the decline of our hormones with age and to describe what we can do about it. Our hormones regulate and control most of the functions of our bodies. Testosterone and estrogen, the major sex hormones in men and women respectively, give us the urge and ability to reproduce and continue the survival of our species. But once we re past our reproductive prime, our hormone levels drop. This results in a lack of sex drive, insomnia, impotence, weight gain, and countless other potential health problems that significantly decreases our quality of your life. So we see that our hormone system was designed primarily for reproduction for the survival of the species. Our bodies produce high quantities of certain hormones and enzymes during our youth. These give us our youthful vitality, strength, and endurance. They help...



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