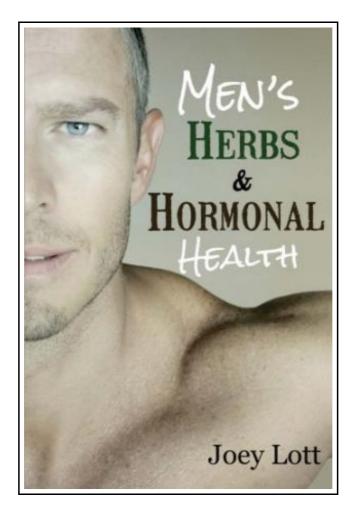
Men s Herbs and Hormonal Health: Testosterone, BPH, Alopecia, Adaptogens, Prosta (Paperback)



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Reviews

Complete guide for ebook fans. Better then never, though i am quite late in start reading this one. Your life span will likely be convert when you full reading this ebook.

(Dr. Teagan Beahan Sr.)

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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Men s Health Made Simple and Natural You want to explore your health in a natural and effective way, but where do you begin? Author Joey Lott delivers a comprehensive look at men s health in his latest book, Men s Herbs and Hormonal Health. Learn the vital connections between health and metabolism, immunity, and inflammation. Troubleshoot issues you may be experiencing by looking up the topic in the book and seeing what herbs might be indicated. Topics include pattern baldness/alopecia, BPH, insomnia, and prostate health, just to name a few. Herbal Wisdom That s Easy on the Wallet Are all those supplements you see in the news really worth the expense? Advertisers often prey on our fears and perceived flaws. This is no exception in the world of health. Luckily, Men s Herbs and Hormonal Health cuts through the crap and delivers the truth to readers on what really works and what isn t worth the bother. Support your hormonal health, increase your sex drive, and feel more energized using herbs, many of which have a long tradition of use and can be acquired inexpensively or even for free through wild foraging. What s the Deal With Stress and Adaptogens? Adaptogens are hot in the health food world these days, but what are they and what do they do? Learn about these and other tonic herbs, including ashwaganda, rhodiola, and eleuthero. Discover the vital role that stress plays in hormonal health and how to combat chronic stress long-term. The author draws upon his extensive research in the field, anecdotal evidence, and his own experimentations on himself. His reliance on both scientific research and a more intuitive approach to plants is likely...

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