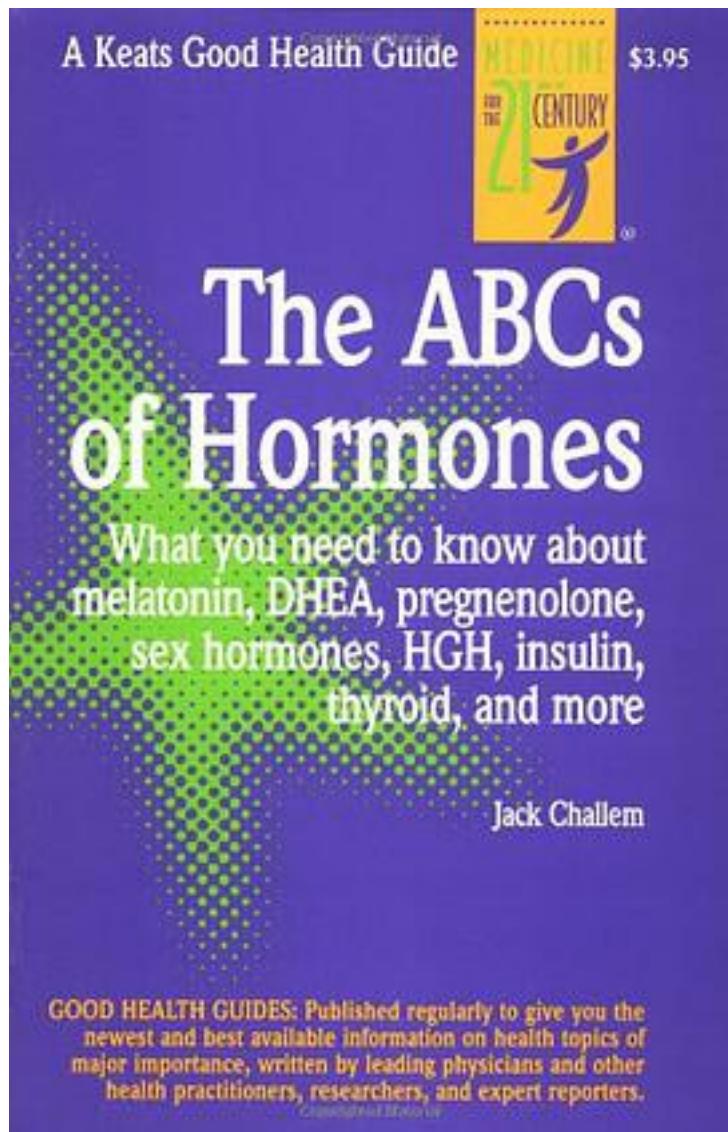


ABCs of Hormones



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Hormones have emerged as one of the latest "magic bullets" of antiaging products. However, many still wonder if they are safe, necessary, and beneficial. Jack Challem, a leading health reporter, explains the basics of hormones, their benefits and risks, and their appropriate and inappropriate uses in a balanced approach to a controversial subject.

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