

Natural Hormones



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What This Book Can Do for You

Throughout my career as a health reporter and writer health books and articles, I have hopefully researched the of youthful health. Many of the authorities consulted told a~out "miraculous rejuvenation" made possible through a regenerated supply of natural hormones. Furthermore, persons could experience

the look and feel of youth when particular programs and folk remedies using Hormone Foods-certain common foods that help stimulate your hormone-producing glands-were used.

These authorities described many case histories. They offered step-by-step, all-natural programs-using Hormone Foods- in which the body's glands could be healthfully adjusted and recharged to issue the vital hormones that held the key to prolonged youth of body and mind.

Success after success was reported. Hormones from natural sources helped put a youthful glow into people in all walks of life, of all ages, under different circumstances. These reported case histories told how natural hormones gave much more than just the appearance of youth. The overall benefit was a joy of youthful health in meeting the challenges of daily living, thanks to natural hormones.

This book is a treasury of these "secret hormone food methods." They were previously known to only a select few who reaped the rewards of renewed youthful looks and a "forever young" feeling through natural hormones. Now, you are able to share in these secrets. You can now help give your body the supply of youth-building hormones it may need, to give yourself the look and feel of healthy youthfulness-at any age[

This book shows you how to use these secrets of nature, to help stimulate youthful hormone production of your endocrine glands. It gives you lists of special foods, special folk remedies from all parts of the world, and easy-to-follow natural programs. It shows you how to use nature's own "hormone foods" to give you the zest of life, the spirit of youthful health.

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