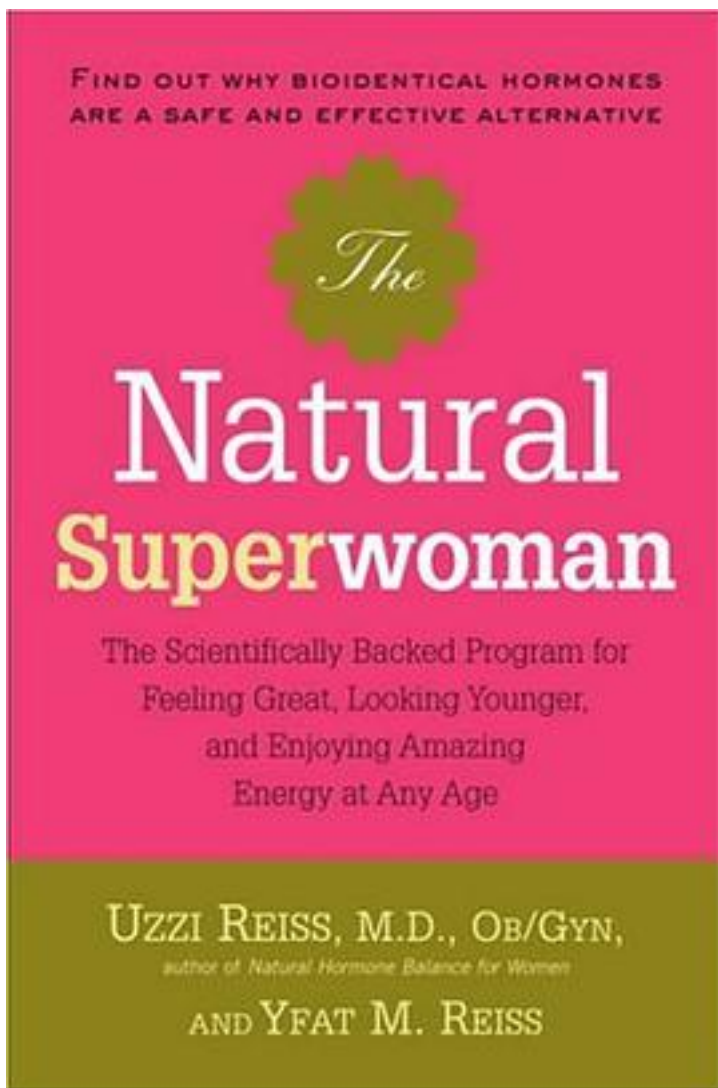


The Natural Superwoman



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The new health bible for women .

Women all over the world flock to Dr. Uzzi Reiss for his cutting-edge approach to women's health. In *The Natural Superwoman* , Dr. Reiss brings his innovative philosophy to women everywhere, demonstrating how they can stop feeling overwhelmed and tired and start feeling their best—energized, focused, and ready to take on the world —each day.

As Dr. Reiss explains, hormone balance is the key to living with vitality. His anti-aging program combines natural hormone therapy, essential nutritional advice, simple exercise, and mind-body techniques to help you, no matter what your age, become the healthiest, most vibrant “natural superwoman” you can be.

The *Natural Superwoman* illustrates:

- Which specific hormones can enhance energy, sexuality, and memory; heal dry skin; relieve sleep disorders; alleviate depression; and more
- Why you should take magnesium instead of calcium to guard against osteoporosis
- How to make simple changes to your diet to help you lose weight
- Why you may actually be exercising too much

This book offers accessible yet authoritative information from a physician with more than thirty years of experience in understanding and working with women. *The Natural Superwoman* shows you how to take control of your well-being and feel better than ever naturally .

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