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of scientific

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program to counter
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weight gain,
wrinkles, shrinking
muscle mass,
impotence, hair
loss, and a host of

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other signs and
symptoms of aging.

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Solution. A book for
the general public
introducing 15
hormone therapies
and their efficacy
to prevent, delay,

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and partially reverse aging. It contains all the information necessary to gain insight into what hormone therapies can and cannot do to slow down or reverse aging. Useful for both patients and physicians willing to find the best

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~~Solution~~ therapies
to treat age-related
diseases and
complaints.

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Thierry Hertoghe
Medical School
America's
perceptions about
the inevitable
effects of aging are
about to be~~

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completely rethought, thanks
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to groundbreaking

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hair loss, and a

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host of other signs
and symptoms of
aging. take this
hormone

questionnaire by
dr. thierry hertoghe
thierry hertoghe,
m.d. is a world
renown, brussels-
based third
generation
endocrinologist.
the man knows
hormones; he even

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Solution. Thierry

has a medical

school. dr.

hertoghe has

developed

~~Thierry Hertoghe~~

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With his sister, Dr.

Thérèse Hertoghe,

they proudly

represent the

fourth successive

generation of

physicians working

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Solution with hormonal

treatments – and
this since 1892

(after Eugène
Hertoghe – former
vice president of
the “Royal

Academy of
Medicine” in
Belgium and Luc &
Jacques Hertoghe –
endocrinologists).

Dr. Thierry
Hertoghe devotes

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his life to the
promotion of a
better, patient-
oriented and
evidence-based
medicine.

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Hertoghe Clinic~~
Hertoghe offers an
effective program
of hormone
replacement
therapy using safe,

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Solution Thierry

Herzoghe

low doses of
natural hormones
in conjunction with
a healthy diet and
vitamin and
mineral

supplements to
help people
maintain physical,
mental, and
emotional health
and literally restore
their bodies to a
state that s three

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to twelve years
younger than their
actual age.

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handbook for
physicians is an
innovative book,~~

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based on Dr

Hertoghe's vast
experience that

tells physicians
what they need to
know about

testosterone to
administer it to

men. Where and
how much

testosterone is
produced;

Testosterone's
physical and

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psychological ~~Solution~~ Thierry

benefits for men

and prevention of

age-related

diseases

~~Testosterone, The~~

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Dr Thierry

Hertoghe is at the

basis of various

extensive review

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reports on Thierry

corrective (or
replacement)

hormone therapies:

melatonin, DHEA,

growth hormone,

cortisol, thyroid

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Medicine. All in

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Handbook 2nd
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contains all the

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necessary to gain
insight into what
hormone therapies
can and cannot do
to slow down or
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Discover 15
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Nutrition Therapies
is the first book
that offers a
prescriptive
program to counter
memory loss,
weight gain,
wrinkles, shrinking
muscle mass,
impotence, hair

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loss, and a host of
other signs and
symptoms of aging.

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that offers a

prescriptive

program to counter

memory loss,

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wrinkles, shrinking
muscle mass,
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loss, and a host of
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loss, and a host of
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an effective
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supplements—to
help people
maintain physical,
mental, and

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emotional health
and literally restore
their bodies to a
state that's three
to twelve years
younger than their
actual age. He
identifies the
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crucial hormones
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and explains the
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drastically slow the

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restores each one

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balance, whether during adolescence, pregnancy, menopause, or from medication or surgically induced, it can lead to devastating conditions like infertility, postpartum depression, insomnia, weight

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unnecessary tests
and surgeries.

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conventional

medicine with mind

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Erika can be
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the importance of
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doctor.

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their family health
history, assess
their symptoms,
and, along with

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providers, create a
Thierry personalized
Hertoghe testing and
treatment plan
designed to restore
healthy, balanced
thyroid output.

Do You Have Low
T? As a man ages,
a slow decline

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Solution That, day
to day, is
Herzogne
imperceptible.

Sometime around
age 30, levels of
the male hormone
testosterone begin
to drop each year.
One morning he
looks in the mirror
and sees someone
who he doesn't
recognize. He's
tired-looking, lacks

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motivation, his belly is sagging over his belt, his mind is foggy, and maybe his sex drive has evaporated. What happened? Oh, you're just getting older, people tell him—even his doctor!

Endocrinologist
Florence Comite,

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MD, doesn't believe we should accept aging as is. In fact, she has helped many men to turn around their health for the better. She believes any man can restore his body, mind, and energy; prevent disease; and feel strong, confident, and in control once

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again. How? By
using her Precision
Medicine analysis,
a highly
personalized plan
of action designed
to combat the
decline triggered
by the age-related
fall in testosterone.
This book will show
you how to
quantify your own
health and then

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**Solution: Thierry
Hertoghe**
make lifestyle changes that will reduce your belly fat and risk of diabetes, revitalize your sex drive and strengthen your erections, and give you more muscle and greater mental agility. Because testosterone affects all of the above aspects of a

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man's vitality, Dr.

Comite shows
readers how the
cutting-edge

science of hormone
optimization for
men with low
testosterone is an
effective way to
prevent the
disorders of aging.

In this work, Dr
Erika Schwartz

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Sherrie Thierry
Herlogne
Shares her proven
programme to help
women prevent,
reduce and even
eliminate the
symptoms of
hormone
imbalance
naturally.

Can you really feel
better as you get
older? Is aging
without illness

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Solution? Is your
own internal
fountain of youth
waiting to be
discovered? Yes,
yes, and YES! says
Suzanne Somers,
the bestselling
author of *The Sexy
Years*. It can all be
true when you take
advantage of the
science of
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medicine—a
revolutionary
approach to
achieving the
ageless life.

Suzanne Somers
has already
introduced millions
of women to
bioidentical
hormone
replacement
therapy and
changed the way

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we look at **Thierry**
menopause. Now,
Hertoghe
in Ageless,
Suzanne introduces
an inspiring,
medically validated
approach to
reversing the aging
process and
maintaining a
healthy, vibrant,
mentally sharp,
sexually active
life—while building

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the body's natural defenses against age-related diseases. Suzanne talks about: □ How antiaging medicine can help detox the body of harmful pollutants and chemicals and strengthen our weakest glands and organs □ The dangers of

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perimenopause
and how women

can treat it □ Why

so many

hysterectomies are

unnecessary, how

birth control pills

may have

contributed to the

rise of

hysterectomies,

and how to restore

your body to

perfect hormonal

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having one □ How
andropause is a

real condition for

men, and how men

can lose weight,

regain their

youthful physiques,

and restore health,

energy, and

sexuality, all

through

bioidentical HRT □

The importance of

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Sleep and the Thierry

healing work that
nature does during

this time to

balance hormones

and increase

energy In this

“antiaging bible,”

Suzanne brings

together

prominent,

Western-trained

antiaging doctors

to show how the

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traditional medical
approach is
woefully

inadequate. Its
standard of care
has been to treat
all symptoms with
drugs, but in
Ageless you will
find out how this
approach does not
make us better.

With antiaging
medicine you can

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rather than keep a
chronic condition
at bay with drugs.
Ageless shows you
how to keep your
“insides” young,
and how this
manifests on the
outside.

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