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HEALTH & WELLNESS



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June 22nd 2011: Hormone Harmony: How to Balance your hormones to Live Your Best Life - Special Encore Presentation!

Millions of women are struggling with hormone imbalance, an epidemic that is disrupting countless lives during menopause and much earlier in life — a fact that is widely unrecognized. Join me this week as I chat with Dr. Alicia Stanton and she demystifies the subject of natural or bioidentical hormone therapy and debunks the myth that menopause is the primary trigger of midlife symptoms such as: constant fatigue, mood swings, weight gain, forgetfulness, hot flashes, sleep difficulties. You will find out the chief lifestyle triggers of hormonal havoc that are ignored in health care today; w

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