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December 21st 2011: 7 Steps to a Happier, Healthier and Sexier You!

This week, World-renowned naturopathic physician Dr. Theresa Dale joins me to discuss her 7-step program for hormone rejuvenation that she developed and refined over her twenty years of research and clinical experience. Dr. Dale will explain how you can help your body do what it was designed to do so that you start looking and feeling your best!

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Featured Guest



Theresa Dale

Theresa Dale, PhD, ND, NP, CCN is the Dean and Founder of the California College of Natural Medicine, The Wellness Center for Research & Education as well as an Author, Inventor, Medical Consultant, Researcher, Naturopathic Practitioner and Doctor.

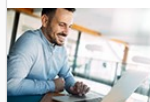
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