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America's perceptions about the inevitable effects of aging are about to be completely rethought, thanks to groundbreaking new information from an internationally known expert on hormones and antiaging medicine.

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Thierry Hertoghe, M.D., has an important message to share: people are aging unnecessarily. Based on thirty-five years of scientific studies, *The Hormone Solution: Stay Younger Longer with Natural Hormone and Nutrition Therapies* is the first book that offers a prescriptive program to counter memory loss, weight gain, wrinkles, shrinking muscle mass, impotence, hair loss, and a host of other signs and symptoms of aging. Dr. Hertoghe offers an effective program of hormone replacement therapy using safe, 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 to twelve years younger than their actual age. He identifies the fifteen main, crucial hormones found in the body and explains the process that restores each one to its correct level. With a foreword by renowned doctor Barry Sears, *The Hormone Solution* is filled with self-scoring checklists, eating plans, nutritional prescription plans, and hormone shopping lists that help every reader calculate his or her personal hormone profile. Dr. Hertoghe is revolutionizing the medical field with his work, showing us how to treat chronic illnesses and the large and small aspects of aging by using preventive measures to drastically slow the aging process and its effects without costly procedures and surgeries. *The Hormone*

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Solution is a landmark publication that will revolutionize how people age, enabling us to live longer, healthier, and happier lives

Hormones provides a comprehensive treatment of human hormones viewed in the light of modern theories of hormone action and in the context of current understanding of subcellular and cellular architecture and classical organ physiology. The book begins with discussions of the first principles of hormone action and the seven classes of steroid hormones and their chemistry, biosynthesis, and metabolism. These are followed by separate chapters that address either a classical endocrine system, e.g., hypothalamic hormones, posterior pituitary hormones, anterior pituitary hormones, thyroid hormones, pancreatic hormones, gastrointestinal hormones, calcium regulating hormones, adrenal corticoids, hormones of the adrenal medulla, androgens, estrogens and progestins, and pregnancy and lactation hormones; or newer domains of hormone action which are essential to a comprehensive understanding of hormone action, including prostaglandins, thymus hormones, and pineal hormones. The book concludes with a presentation of hormones of the future, i.e., cell growth factors. This book is intended for use by first-year medical students, graduate students, and advanced

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undergraduates in the biological sciences. It is also hoped that this book will fill the void that exists for resource materials for teaching cellular and molecular endocrinology and that it will be employed as an equal partner with most standard biochemistry textbooks to provide a comprehensive and balanced coverage of this realm of biology.

Handbook of Hormones: Comparative Endocrinology for Basic and Clinical Research collates fundamental information about the structure and function of hormones from basic biology to clinical use. The handbook offers a rapid way to obtain specific facts about the chemical and molecular characteristics of hormones, their receptors and signalling pathways, and the biological activities they regulate. The evolution of hormones and gene families is also covered both in the text and in online ancillaries. Users will find simple and visual ways to learn key molecular information. Chapters and online ancillary resources integrate additional sections, providing a comparative molecular, functional, and evolutionary consideration. Provides the only single resource available with concise, yet informative descriptions of hormones in vertebrates, invertebrates, and plants Presents hormones in groups according to their origin, so that readers can easily understand their inter-relation Includes comparative information on the structures and functions of hormones enabling readers to

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understand both general and specific actions in and across species Ancillary website hosts additional information, including sequence data, comparative data, figures, and tables

The Handbook of Models for Human Aging is designed as the only comprehensive work available that covers the diversity of aging models currently available. For each animal model, it presents key aspects of biology, nutrition, factors affecting life span, methods of age determination, use in research, and disadvantages/advantages of use. Chapters on comparative models take a broad sweep of age-related diseases, from Alzheimer's to joint disease, cataracts, cancer, and obesity. In addition, there is an historical overview and discussion of model availability, key methods, and ethical issues. Utilizes a multidisciplinary approach Shows tricks and approaches not available in primary publications First volume of its kind to combine both methods of study for human aging and animal models Over 200 illustrations

The clinical laboratory plays a critical role in the diagnosis and management of endocrine and related metabolic disorders, which are leading causes of morbidity and mortality in children and adults. The Handbook of Diagnostic Endocrinology, Third Edition, provides a ready reference for the evaluation, diagnosis, and monitoring of such

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disorders. This revision incorporates translational medicine, connecting what clinicians need to know with those in research providing a clinical context to which they can relate their molecular findings. This book solves the needs of clinicians and researchers by bringing together in one book endocrinology at the molecular and clinical levels. As the intricacies of intracellular signaling have become better understood, states of hormone resistance are now increasingly recognized. The most common endocrinopathy in westernized countries, the metabolic syndrome, results, to a large extent, from insulin resistance. The complexity of the circulating forms of various hormones are acknowledged in this revision. Each chapter focuses on the biochemical tests that are required, either in the basal state or following provocation or suppression, to assist in the diagnosis of the various disorders Describes proper sample collection and relevant interpretations of laboratory tests Contains essential molecular biology and incorporates it with the clinical information Includes the discovery of new diagnostic and treatment methods

Neuroendocrinology underpins fundamental physiological, molecular, biological, and genetic principles such as the regulation of gene transcription and translation. This handbook highlights the experimental and technical foundations of each area's major

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concepts and principles.

Handbook of Cell Signaling, Three-Volume Set, 2e, is a comprehensive work covering all aspects of intracellular signal processing, including extra/intracellular membrane receptors, signal transduction, gene expression/translation, and cellular/organotypic signal responses. The second edition is an up-to-date, expanded reference with each section edited by a recognized expert in the field. Tabular and well illustrated, the Handbook will serve as an in-depth reference for this complex and evolving field. Handbook of Cell Signaling, 2/e will appeal to a broad, cross-disciplinary audience interested in the structure, biochemistry, molecular biology and pathology of cellular effectors. Contains over 350 chapters of comprehensive coverage on cell signaling Includes discussion on topics from ligand/receptor interactions to organ/organism responses Provides user-friendly, well-illustrated, reputable content by experts in the field

From the bestselling authors of the classic "What Your Doctor May NOT Tell You" books about menopause and pre-menopause comes an easy-to-use guide on balancing hormone levels safely and naturally. Dr. John Lee will help you answer key questions like: Are my symptoms caused by a hormonal imbalance? Which hormones do I need to regain hormone

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balance? How do I use hormones for optimal health and balance? Plus, learn how and when to use estrogen, testosterone and progesterone cream, in simple, effective language. If you want the ABCs of using natural hormones, this book is for you.

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