



The Miracle of Natural Hormones

David Brownstein

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The Miracle of Natural Hormones, by David Brownstein, M.D., shows how the use of natural hormones and other natural treatments can treat or even reverse many chronic conditions such as heart disease, PMS, menopause, chronic fatigue syndrome, fibromyalgia, migraine headaches, hypothyroidism and many more conditions. Dr. Brownstein uses actual case studies taken from his own medical practice to describe his unique holistic treatments which include the use of the following hormones: natural thyroid, DHEA, natural progesterone, natural estrogens, natural testosterone, human growth hormone, melatonin, pregnenolone and natural hydrocortisone. Dr. Brownstein states that the use of natural hormones are much more effective than synthetic hormones. In addition to describing the benefits of natural hormones, this book also contains chapters on importance of drinking an adequate amount of water and eating a proper diet in order to insure a healthy hormonal system. Finally, this book gives specific recommendations on the use of vitamins and minerals to support the body's immune system.

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