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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

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younger than their actual age.

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Thierry Hertoghe, M.D., has an important message to share:

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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,

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weight gain, wrinkles, shrinking muscle mass, impotence, hair loss, and a host of other signs and symptoms of aging.

The Hormone Solution: Stay Younger Longer with Natural ...

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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. Thierry Hertoghe, M.D.,

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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

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prescriptive program ...

The Hormone Solution: Stay Younger Longer with Natural ...
The Hormone Solution. A book for the general public introducing 15 hormone therapies and their

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efficacy to prevent, delay, 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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hormone therapies to treat age-related diseases and complaints.

The Hormone Solution - Dr Thierry Hertoghe Medical School
Based on thirty-five years of scientific studies, The Hormone

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The Hormone Solution: Stay

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Younger Longer with Natural ...
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

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

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The Hormone Solution : Thierry Hertoghe : 9781400080854
Hertoghe offers an effective program of hormone replacement therapy using safe, low doses of natural hormones in conjunction with a healthy diet and vitamin

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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.

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- Dr. Thierry Hertoghe takes 15-16 hormones himself, and he says this makes a big difference. Dr. Valter Longo's Research on Growth Hormone and Fasting

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10:55 - Dr. Hertoghe appreciates Dr. Valter Longo's research on fasting - Does not agree with reducing IGF-1 to live longer. Most studies in mice and only 4 in humans that support this view

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How to Reverse Physical Aging
with Hormone Therapy - Anti ...
With his sister, Dr. Thérèse
Hertoghe, they proudly represent
the fourth successive generation
of physicians working with
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since 1892 (after Eugène

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Hertoghe – former vice president of the “Royal Academy of Medicine” in Belgium and Luc & Jacques Hertoghe – endocrinologists). Dr. Thierry Hertoghe devotes his life to the promotion of a better, patient-oriented and evidence-based

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Welcome | Hertoghe Clinic
Dr Thierry Hertoghe is at the
basis of various extensive review
reports on corrective (or
replacement) hormone therapies:

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melatonin, DHEA, growth hormone, cortisol, thyroid T3-T4 treatments, 24-hour urine hormone tests of the Belgian Society of Anti-Aging Medicine. All in English, except one on DHEA treatment.

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"Passionate about medicine focused on the specific needs of each individual, which addresses the whole person, I joined the

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team of Doctor Thierry Hertoghe to practice cutting-edge hormonal therapies. My consultation will focus specifically on thyroid and sex hormone treatments (female and male).

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Team | Hertoghe Clinic

Thierry Hertoghe, M.D., is a member of the International Advisory Board of the American Academy of Anti-Aging Medicine. He lectures regularly to medical professionals and laypeople in the United States and abroad on the

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subject of hormone deficiencies.

The Hormone Solution: Stay Younger Longer with Natural ...
Testosterone therapy, the handbook for physicians is an innovative book, based on Dr

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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 psychological benefits for men and prevention of age-

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related diseases

Testosterone, The Therapy for
Real Gentlemen - Dr HERTOOGHE

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Thierry Hertoghe, M.D., has an important message to share: people are aging unnecessarily. Based on thirty-five years of

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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

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

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Best The Hormone Solution
Hertoghe in 2020 Reviews &
Guide

Dr Thierry Hertoghe is at the
basis of various extensive review
reports on corrective (or

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replacement) hormone therapies: melatonin, DHEA, growth hormone, cortisol, thyroid T3-T4 treatments, 24-hour urine hormone tests of the Belgian Society of Anti-Aging Medicine. All in English, except one on DHEA treatment.

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