



**[(Dr. Susan's Solutions : Testosterone - The Hormone for Strong Bones, Sex Drive, and Healthy Menopause)] [By (author) Susan M Lark M D] published on (July, 2013)**

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*Susan M Lark M D*

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Susan M. Lark, M.D., one of the most respected women's alternative medicine experts, shares her all natural, safe and effective program that has helped countless women support their own testosterone production and successfully recover from health issues caused by the lack of this important hormone. While most often associated with men, testosterone is a critical hormone for women as well. It plays a key role in heart health and the strength of your bones and tissues. It also has an important role in positive drive and productivity in every area of your life. Testosterone also supports your energy, mental agility, mood, outlook on life and sex drive. You will greatly benefit from the all natural treatment program that Dr. Lark developed to bring healing and relief to many thousands of women who want to improve their health and the quality of their lives. In this valuable and important book, Dr. Lark share with you her all natural patient proven program on how to support and restore testosterone levels within your own body. Testosterone - The Hormone for Strong Bones, Sex Drive and Healthy Menopause provides you with: - The best and effective nutritional supplements and herbs to support your own production of testosterone - Valuable information on bioidentical testosterone therapy, guidelines for its use and the best dosages - How testosterone is produced within the body along with its chemistry and functions - The importance of testosterone for the female body and how it benefits women's health - Testosterone's major benefits for your hormonal and physical health as well as quality of life in many essential areas - Very helpful checklist on how to evaluate your own level of testosterone - Important facts on the medical testing for this hormone - How diet, stress and lifestyle affect testosterone levels as well as what causes testosterone levels to decrease

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