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Thierry Hertoghe, MD
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Thierry Hertoghe The Hormone Handbook

Denice D. Cook M.D.



Thierry Hertoghe The Hormone Handbook:

The Hormone Handbook Thierry Hertoghe, 2006 **The Women's Guide to Thyroid Health** Kathryn Simpson, 2009 In *The Women's Guide to Complete Thyroid Health* readers explore their family health history assess their symptoms and along with their healthcare providers create a personalized testing and treatment plan designed to restore healthy balanced thyroid output

The Secret Female Hormone Kathy C. Maupin, M.D., Brett Newcomb, MA, LPC, 2015-03-02 *The Secret Female Hormone* is a must read for women today Hormones should always be evaluated in unity and testosterone is almost always overlooked The authors tell the truth about how hormone imbalances truly affect women not only their energy their vitality and their libido but also their family relationships and self esteem This book will be a resource for women for years to come Marcelle Pick author of *Is It Me or My Hormones* and *The Core Balance Diet* Leading experts show why testosterone hormone imbalance could be the vital connecting factor in a wide variety of health issues for women in midlife You know the experiences all too well You can't sleep so you start your day feeling exhausted Seemingly overnight you can't remember names places appointments things you could previously recite at the drop of a hat You want to be more active but you have zero energy for that And sex Forget it By now you've probably been told this is normal or that it's the natural course of aging And you might even believe it because so many women approaching midlife have the exact same symptoms In fact millions of women worldwide are undiagnosed and untreated for hormone imbalance deficiency As one of the country's leading experts on hormonal balance and as a woman who experienced these symptoms herself Dr Kathy Maupin has identified a debilitating and overlooked health condition testosterone deficiency syndrome or TDS Most people associate testosterone with men but it's one of the most vital hormones in women and one of the first hormones that women begin to lose as they enter their 40s And Dr Maupin's own research has shown that the symptoms of aging fatigue memory loss moodiness low libido and so much more are initiated and accelerated by testosterone loss In this book Dr Maupin and therapist Brett Newcomb show how testosterone replacement can radically improve your life They share the history and background of hormone replacement therapy the latest research on treatment options as well as Tips for dealing with mood swings changes in sex drive and maintaining healthy relationships Surprising information on the long term effects and health risks of testosterone loss Common myths and misconceptions regarding estrogen and testosterone replacement therapy Questionnaires to help you determine your individual hormone deficiencies Real stories and personal experiences Dr Maupin's patients share clear practical and easy to use this authoritative guide sheds light on the importance of testosterone and will help you reclaim your physical mental emotional and spiritual health

Overcoming Adrenal Fatigue Kathryn Simpson, 2011-05-01 *Restore Adrenal Balance and Regain Your Energy Vitality and Health* Your adrenal glands play a key role in helping you control stress and maintain energy throughout the day When these small but important glands malfunction you may start to notice the telltale signs of adrenal fatigue Decreased energy weight gain mood changes inability to handle stress and a weakened

immune system are just a few of the symptoms of adrenal imbalance. It can slow you down, interfere with your overall sense of wellness, and even make you feel depressed. If you suspect that adrenal imbalance is causing symptoms for you, this book will help you figure out what's going wrong and partner with your health care provider to find solutions. In *Overcoming Adrenal Fatigue*, you'll find clear self-evaluations and treatment guidelines that will empower you to take charge of your adrenal health through nutrition, vitamins, herbs, bioidentical adrenal hormone supplementation, and self-care practices. This complete guide to optimizing adrenal health will give you the tools you'll need to get your symptoms under control and regain the energy to enjoy your active lifestyle. The complete program in this workbook will help you rebuild fatigued adrenals with balancing herbs and supplements, eat for all-day energy and improved concentration, practice mindfulness and relaxation techniques to reduce stress, and learn about medications that can help.

Bioidentical Hormones: Hell or Heaven? Sergey Kalitenko MD, 2016-08-26. The truth and nothing but the truth. Sergey Kalitenko MD, a board-certified physician in antiaging, shares the ins and outs of bioidentical hormones and why they are different from their synthetic, man-made counterparts. Through a combination of medical insights, industry anecdotes, and easy-to-understand explanations, Dr. Kalitenko demystifies bioidentical hormone replacement therapy and explains why it may be a viable alternative for men and women of a certain age. Relatable, real, and relevant, his strategies are based on years of experience in the holistic medicine arena and experience with many of his patients at his two New York City offices. Included is a Practical Guide to Bioidentical Hormone Replacement Therapy that describes the most common hormones in the body and the vital roles they play in optimal health and well-being.

Dr. Kalitenko's book is a must-have resource for anyone interested in looking and feeling younger, stronger, and more energized.

The Sexless Marriage Fix Robert M. Fleisher, DMD, Roberta Foss-Morgan, DO, 2016-08-23. The Sexless Marriage Fix by doctors Robert Fleisher and Roberta Foss Morgan is the book that gets everyone talking about a problem no one is talking about: sexless marriage. Unfortunately, it's an intimate problem that is nearing epidemic proportions. But what many don't realize is that there are real solutions, and it all begins with a blood test. In this eye-opening book, the authors reveal the true causes of the decline in the nature and frequency of sexual relations, including personal, behavioral, physical, including hormonal, psychological, or combined factors. An intimate and straightforward discussion on male and female sexuality, including a frank exploration of aspects related to a decline in attraction, unique to each gender, how to work through virtually any problem with a comprehensive program designed to restore harmonious feelings and increase intimacy.

Graves disease cookbook Svava Nilsson, Are you grappling with hyperthyroidism or the challenging symptoms of Graves disease, Hashimoto's, or other thyroid disorders? Are you seeking a natural approach to managing your health without relying on radioactive iodine? Introducing the Graves Disease Cookbook, an innovative resource crafted specifically for individuals aiming to regain control of their thyroid health through simple, nourishing recipes. Imagine a life where every meal not only delights your taste buds but also supports your thyroid health, helping you manage your symptoms naturally. This

cookbook is filled with straightforward yet powerful recipes that nourish your body and alleviate the strain on your thyroid. Whether you're dealing with hyperthyroidism, Graves disease, or Hashimoto's, this cookbook provides a practical and delicious solution. Inside you'll discover a well-planned 28-day meal guide that eliminates the guesswork from your diet. Each recipe is carefully created to naturally enhance thyroid function, reduce inflammation, and help manage your symptoms. With over 70 nutrient-rich recipes, you'll enjoy a wide variety of meals that are both easy to prepare and packed with the essential nutrients your body craves. But that's not all. This book includes a remarkable 1200-day meal tracker, allowing you to monitor your progress and make necessary adjustments along the way. This unique tool helps you stay aligned with your dietary goals, empowering you to take control of your health like never before. Don't let thyroid problems control your life. Take the first step toward better health by embracing the natural and tasty recipes in the *Graves Disease Cookbook*. Whether you're looking to avoid invasive treatments or simply wish to support your thyroid with wholesome meals, this book is your ultimate guide. Order your copy today and start your journey to naturally managing hyperthyroidism, easing the symptoms of Graves, Hashimoto's, and other thyroid conditions, and reclaiming your vitality, one meal at a time.

The Hormone Survival Guide for Perimenopause Nisha Jackson, 2004-05-01. Explaining why women between the ages of 35 and 50 often experience significant changes in mood, weight, sex drive, and general well-being due to hormonal imbalances, this guide shows women how to regain control of their hormones and their lives and feel good again through natural means. Women who have had long-standing physical and emotional complaints written off by doctors as normal or genetic are provided with step-by-step solutions to such hormone-related problems as weight gain, fibroids, sex drive, doldrums, adult acne, depression, anxiety, irritability, chronic fatigue, and facial hair. Perimenopausal women will be able to regain control of their health by putting together a game plan for renewal, including hormone balancing and weight management plans that will help them feel better with dramatic, life-changing results.

THINKING Outside the Pill Box Ty Vincent, MD, 2012-08-17. Mainstream medicine in America focuses on symptoms rather than causes of chronic illness and poor health. Medical education is influenced to a great extent by pharmaceutical companies and focuses our attention dangerously onto drug therapies. Conventional medicine practice has been failing miserably to control or treat the chronic disease entities afflicting our population in the modern era. Integrative medicine concepts and practice offer people much safer and often more effective options for achieving and maintaining health, as well as combating most forms of chronic disease. The keys include understanding what it really takes to promote human health in a broad sense and what the underlying causes of chronic disease truly are. *Thinking Outside the Pill Box* contains an explanation of how our medical system came to be so defective and ineffectual, a thorough look at the important factors influencing human health, and an in-depth discussion of many common underlying causes of chronic illness in the modern world. It is designed as a self-help book for both the reader and their future generations. S.O.S.

Exercise-Schmexercise Katharina Bachman, 2018-02-27. German globetrotter Katharina Bachman was extremely overweight

and suffering from diabetes when she walked into an Indian doctors Kuala Lumpur practice in 2013 desperate for help After Dr K S prescribed a seven day detoxification plan and subsequent transformative tropical power food diet Bachmans excess pounds melted away at record speed her diabetes disappeared and her blood pressure stabilized Even her loathsome cellulite vanished In a candid and witty personal account Bachman shares her own success story as well as valuable insight on how to drop excess pounds and quickly regain a healthy life without craving food or incorporating exercise into a daily routine Through a highly effective detailed detoxification plan that includes eighty mouthwatering recipes and useful tips others will learn how to balance metabolism while feasting on tropical culinary delights that rely on active ingredients such as coconut oil gula melaka papaya cinnamon and chia seeds to assist in the weight loss process SOS Exercise Schmexercise offers proven tips time tested advice and delicious recipes created to help anyone wishing to balance metabolism lose weight shed medications and attain a healthy lifestyle

Choose Life Denice D. Cook M.D.,2010-03-25 In this rapidly changing highly technical world isnt it comforting to know that there are a few things that you are still in control of In this book *Choose Life* you will explore some of the aspects of nutrition including dietary supplements alkaline water the importance of detoxification and aspects of spirituality all designed to aid you in improving your overall health *Choose Life* is written to encourage you the reader to take some control over your health and to make wise choices regarding the food and water that you consume You will also be compelled to seek for more knowledge to improve your health since much more information will be unveiled in the years to come through revelatory insight and research Denice D Cook M D

The Hormone Solution Dr. Thierry Hertoghe,2010-04-07 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 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 Solution* is a

landmark publication that will revolutionize how people age enabling us to live longer healthier and happier lives **En finir avec l'hypothyroïdie - Ce que votre médecin ne vous dit pas et que vous devriez savoir** Benoît Claeys, Thierry Hertoghe, 2015-07-03 Fatigué de la fatigue Ce livre s'adresse tous les hypothyroïdiens qui passent de médecin en médecin sans trouver de solutions leur mal de la fatigue chronique prise de poids frilosité de prime troubles de la mémoire perte de cheveux Il annonce un défi la grande majorité des insuffisances thyroïdiennes ne sont pas diagnostiquées et quand elles le sont elles sont mal prises en charge Le Dr Claeys explique en détail pourquoi la thyroïde peut être l'origine de vos symptômes même quand les analyses sont normales comment faire le bon diagnostic et surtout comment traiter efficacement Vous saurez Si vos symptômes viennent d'un dysfonctionnement de la thyroïde test exclusif Les bonnes analyses demander Pourquoi il ne suffit pas simplement d'être dans les normes Pourquoi le dosage de la TSH n'est pas fiable Quels sont les traitements adaptés au cas par cas Ce qui est une hypothyroïdie R T3 et comment la traiter Les vitamines et oligoéléments indispensables en cas d'hypothyroïdie Comment réduire les toxiques qui interfèrent avec la thyroïde Illustré de nombreux cas cliniques écrit avec humanité ce livre peut mettre fin au calvaire de millions de personnes Le Dr Benoît Claeys soigne depuis plus de 10 ans dans son cabinet de Waterloo Belgique des personnes souffrant d'hypothyroïdie Ce livre rassemble toute son expérience *Regula tu estrés, encuentra tu equilibrio* Dra. Valentina Stamati, 2025-10-23 Reduce el estrés recuperará la energía y reclama tu bienestar Vives con agotamiento Enfermas cada vez que te vas de vacaciones La comida te provoca inflamación y problemas digestivos El cortisol la hormona del estrés se ha relacionado con los crecientes problemas de salud de nuestra sociedad pero la necesitamos para sobrevivir El cortisol no es tu enemigo es el secreto para una vida en equilibrio La Dra Valentina Stamati especialista en medicina funcional te ayuda a reducir los síntomas del estrés crónico y a escuchar a tu cuerpo Con un enfoque amable y práctico este libro te enseñará a tomar las riendas de tu salud para que tu cuerpo funcione para lo que fue diseñado permitirte disfrutar de tu vida al máximo Este libro es para ti si Vives con agotamiento pero no consigues dormir por las noches Todo lo que comes te provoca inflamación o problemas digestivos Enfermas cada vez que te vas de vacaciones Notas la piel irritada con acné o signos de envejecimiento prematuro Sufres mucho por tus cambios hormonales o por la menopausia Buscas una respuesta a varios pequeños males que te aquejan y no te dejan vivir con plenitud pero simplemente no tienes nada Quieres vivir mejor en equilibrio y armonía con tu cuerpo **Älter werden ohne zu altern** Manuel Pinto Coelho, 2019-03-18 Älter werden und sich trotzdem jung fühlen ja das ist möglich Mit den richtigen Strategien können Sie den Alterungsprozess aufhalten und ein Leben lang fit und attraktiv bleiben Der Arzt und Anti Aging Experte Prof Dr Manuel Pinto Coelho kombiniert seine umfassende Praxiserfahrung mit neuesten Forschungsergebnissen und liefert einfache aber revolutionäre Maßnahmen mit denen Sie altersbedingten Beschwerden und Krankheiten vorbeugen können Er erklärt warum Ihr Hormonhaushalt ausschlaggebend für Ihre Gesundheit ist und wie Sie ihn in Balance halten warum Essen die beste Medizin ist und mit welchen neuen Methoden sich Erkrankungen wie Alzheimer Arthritis Krebs und Diabetes vermeiden und

behandeln lassen. Darüber hinaus gibt er Ihnen praktische Tipps wie Sie lebenswichtige Körperfunktionen durch die richtige Ernährung sowie durch Nahrungsergänzungsmittel, Sonne oder Meerwasser optimal unterstützen und ermöglicht es Ihnen so die biologische Uhr zurückzudrehen.

The Hormone Solution Dr. Thierry Hertoghe, 2002-08-20
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., 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 Solution* is a landmark publication that will revolutionize how people age, enabling us to live longer, healthier, and happier lives.

SOS Schlank ohne Sport - Katharina Bachman, 2015-03-16
Innerhalb kürzester Zeit schlank und gesund werden und das ganz ohne Sport und Hungerattacken. Wirkstoffe aus tropischen Lebensmitteln wie Kokosnuss, Gula Malacca, Papaya, Zimt oder die Mönchsfrucht Luo Han Kuo machen es möglich. Katharina Bachman war selbst stark bergewichtig, medikamentenabhängig und Diabetikerin, als sie 2012 auf den indischen Arzt Dr. K. S. stieß. Wie sie mit seinem 7-Tage Detox Plan und der von ihm empfohlenen Ernährungsumstellung 17 kg abnahm, unverhofft ihre Cellulite loswurde und heute über nie gekannte Energie verfügt, erzählt sie humorvoll und erfrischend offen in ihrem Buch. Mit dem detaillierten Entgiftungsplan, 60 köstlichen Rezepten und vielen nützlichen Tipps lässt sich das Programm mühelos in die Praxis umsetzen.

Bombshell Suzanne Somers, 2013-09-10
For the millions of fans who've made Suzanne Somers a bestselling author for years, the huge numbers of boomers and the post-40 crowd of health consumers interested in aging gracefully, successfully, and beautifully. This groundbreaking new book aims to redefine aging as we know it. And who better to do it than Suzanne Somers, bestselling phenomenon, health pioneer, and the face of anti-aging medicine. Here she interviews future medicine's best and brightest to craft a plan that will reshape the way we treat, approach, and think about aging. Forget anti-aging; this is the next step: embracing it, looking forward to it, and enjoying it. Definitely pro-aging.

Corpo, mente,

espiritualidade Dayse Caldeira,2022-09-05 J n o de hoje que muitos pacientes buscam a t o sonhada sa de plena Mas o que esse conceito A sa de integral segundo a Dra Dayse Caldeira envolve o exerc cio de pr ticas que colaborem para o bom funcionamento tanto do corpo quanto da mente e do esp rito OS M DICOS DO FUTURO J S O REALIDADE NO PRESENTE DA MEDICINA A medicina tradicional j n o d conta integralmente do conceito de sa de Remediar j n o mais o suficiente para satisfazer aos pacientes do futuro que buscam evitar os problemas antes que eles batam na porta A medicina n o deve ser somente paliativa ela deve cuidar de seu paciente por meio da associa o de v rias esferas da vida Neste lan amento a Dra Dayse Caldeira utilizar de seu vasto conhecimento acad mico e de sua ampla experi ncia no dia a dia da rela o m dico paciente para fazer um tour sobre todos os aspectos da vida que devem ser considerados e tratados a fim de que se alcance a sa de plena a longevidade e uma vida de qualidade [A New Way to Age](#) Suzanne Somers,2020-08-04 1 New York Times bestselling author and health guru Suzanne Somers established herself as a leading voice on antiaging With A New Way to Age she is at the forefront again bringing seminal information to people written in a way that all can understand Ray Kurzweil author of How to Create a Mind with this revolutionary philosophy for a longer and better quality life that will make you feel like you ve just had the best checkup ever There is a new way to age I m doing it and it s the best decision I ve ever made I love this stage of my life I have juice joy wisdom and perspective I have energy vitality clearheadedness and strong bones Most of us are far too comfortable with the present paradigm of aging which normalizes pills nursing homes and the big three heart disease cancer and Alzheimer s disease But you don t have to accept this fate Now there s a new way to grow older with vibrancy freedom confidence and a rockin libido This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting edge techniques such as balancing nutritional and mineral deficiencies detoxifying your gut for weight loss pain management with non THC cannabis instead of harmful opioids and much more Aging well is mainly about the choices you make on a daily basis It can be a fantastic process if you approach it wisely After a lifetime of research Suzanne came to a simple conclusion what you lose in the aging process must be replaced with natural alternatives In order to thrive you have to rid your body of chemicals and toxins Start aging the new way today by joining Suzanne and her trailblazing doctors as they all but unearth the fountain of youth

Reviewing **Thierry Hertoghe The Hormone Handbook**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Thierry Hertoghe The Hormone Handbook**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Table of Contents Thierry Hertoghe The Hormone Handbook

1. Understanding the eBook Thierry Hertoghe The Hormone Handbook
 - The Rise of Digital Reading Thierry Hertoghe The Hormone Handbook
 - Advantages of eBooks Over Traditional Books
2. Identifying Thierry Hertoghe The Hormone Handbook
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Thierry Hertoghe The Hormone Handbook
 - User-Friendly Interface
4. Exploring eBook Recommendations from Thierry Hertoghe The Hormone Handbook
 - Personalized Recommendations
 - Thierry Hertoghe The Hormone Handbook User Reviews and Ratings
 - Thierry Hertoghe The Hormone Handbook and Bestseller Lists

5. Accessing Thierry Hertoghe The Hormone Handbook Free and Paid eBooks
 - Thierry Hertoghe The Hormone Handbook Public Domain eBooks
 - Thierry Hertoghe The Hormone Handbook eBook Subscription Services
 - Thierry Hertoghe The Hormone Handbook Budget-Friendly Options
6. Navigating Thierry Hertoghe The Hormone Handbook eBook Formats
 - ePub, PDF, MOBI, and More
 - Thierry Hertoghe The Hormone Handbook Compatibility with Devices
 - Thierry Hertoghe The Hormone Handbook Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Thierry Hertoghe The Hormone Handbook
 - Highlighting and Note-Taking Thierry Hertoghe The Hormone Handbook
 - Interactive Elements Thierry Hertoghe The Hormone Handbook
8. Staying Engaged with Thierry Hertoghe The Hormone Handbook
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Thierry Hertoghe The Hormone Handbook
9. Balancing eBooks and Physical Books Thierry Hertoghe The Hormone Handbook
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Thierry Hertoghe The Hormone Handbook
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Thierry Hertoghe The Hormone Handbook
 - Setting Reading Goals Thierry Hertoghe The Hormone Handbook
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Thierry Hertoghe The Hormone Handbook
 - Fact-Checking eBook Content of Thierry Hertoghe The Hormone Handbook
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

-
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Thierry Hertoghe The Hormone Handbook Introduction

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