



The Youth Effect

Ronald L. Brown, MD

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Considering hormone replacement therapy? Barraged with conflicting messages about its safety? Do you wish you could cut through the confusion and find out exactly what you stand to gain or lose if you choose the Hormone Replacement Therapy (HRT) path? In *The Youth Effect*, Dr. Brown offers a clear, concise view to the heart of these weighty matters. Here, you will learn why just about everything you have read in the media about HRT is wrong. Also in this book you will discover *

- * A balanced look at the risks and benefits of hormone replacement
- * How to eat and exercise
- * Which medical tests to obtain
- * Which supplements to take to slow your body's aging and enhance your quality of life

It's not about not aging; it's about aging successfully. Welcome to *The Youth Effect*.

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