



# **13 Secrets to Optimal Aging: How Bio-Identical Hormone Therapy Can Help You Achieve a Better Quality of Life and Longevity (Health Restoration Series) (Volume 1)**

*Dr Kelly Miller*

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# 13 Secrets to Optimal Aging: How Bio-Identical Hormone Therapy Can Help You Achieve a Better Quality of Life and Longevity (Health Restoration Series) (Volume 1)

*Dr Kelly Miller*

## **13 Secrets to Optimal Aging: How Bio-Identical Hormone Therapy Can Help You Achieve a Better Quality of Life and Longevity (Health Restoration Series) (Volume 1) Dr Kelly Miller**

The 13 Secrets are the optimal function of the endocrine (hormone) system, including the thyroid and adrenal glands to help to achieve a better quality of life and longevity. The book informs you of the differences between synthetic and natural bio-identical hormone therapy, the different methods of testing the hormones, the different methods of administering hormone replacement, and the many different conditions that can benefit from this approach. Case histories are included to understand the process and expected results. Foreword by David Brownstein, MD. For more information, go to [www.drkellymiller.com](http://www.drkellymiller.com).

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of Life and Longevity (Health Restoration Series) (Volume 1) can be one of your starter books that are good idea. All of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to put every word into satisfaction arrangement in writing 13 Secrets to Optimal Aging: How Bio-Identical Hormone Therapy Can Help You Achieve a Better Quality of Life and Longevity (Health Restoration Series) (Volume 1) although doesn't forget the main stage, giving the reader the hottest and also based confirm resource data that maybe you can be considered one of it. This great information can drawn you into completely new stage of crucial considering.

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