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Transforming Health

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December 15th 2010: Hormone Harmony: How to Balance your hormones to Live Your Best Life

Millions of women are struggling with hormone imbalance, an epidemic that is disrupting countless lives during menopause and much earlier in life — a fact that is widely unrecognized. Join me this week as I chat with Dr. Alicia Stanton and she demystifies the subject of natural or bioidentical hormone therapy and debunks the myth that menopause is the primary trigger of midlife symptoms such as: constant fatigue, mood swings, weight gain, forgetfulness, hot flashes, sleep difficulties. You will find out the chief lifestyle triggers of hormonal havoc that are ignored in health care today; w

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Featured Guest



Dr. Alicia Stanton

Dr. Alicia Stanton is one of the country's leading experts on women's health and hormone therapy. Dr. Stanton is Board Certified in Obstetrics and Gynecology, a Fellow of the American College of Obstetrics and Gynecology, a Diplomate of the Board of Anti-Aging Medicine and an Advanced Fellow in Anti-Aging and Regenerative Medicine. She has a special interest in hormone balance and its effects on menopausal symptoms, weight gain, PMS, energy levels and stress. Her experience also translates well to help manage her male patients and their hormonal issues, including low testosterone, adrenal fatigue and low libido. Her practice is dedicated to anti-aging medicine and maintaining optimum he

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