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Transforming Health Archives Available

September 28th 2011: The Complete Idiot's Guide to
Hormone Weight Loss

This week Dr. Stanton will join me to explain that losing weight and keeping it off entails more than just eating right and exercising. While those are fundamental, she will explain how hormonal changes due to stress, environmental toxins, lack of sleep, estrogen loss and thyroid problems, can lead to weight gain no matter how well you might eat or how much you exercise. Dr. Stanton will explain how our hormones work together to keep our bodies functioning at optimal levels and how when just one is off balance it derails all the others, ultimately developing a hormonal condition that affects o

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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.

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