



**wellness**  
LOUNGE™

## A STEP FURTHER™

*with Desiree Watson*

Achieve empowerment  
through a wellness lifestyle

### The Wellness Lounge – A Step Further Archives Available

#### March 23rd 2015: Bioidentical Hormone Replacement - A Natural Approach

Bioidentical Hormone Replacement - A Natural Approach - will be our discussion topic at The Wellness Lounge, A Step Further 9 a.m. E.S.T. Monday when host Desiree Watson welcomes guest Dr. Marcia A. Harris to the show. Marcia A. Harris, MD, LHD (Hon) is a practicing physician in New York City. Bioidentical hormone replacement therapy (BHRT), also known as bioidentical hormone therapy or natural hormone therapy, is a poorly defined term referring to the use of hormones that are identical, on a molecular level, with endogenous hormones in hormone replacement therapy. The term is also associated

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### Featured Guest



#### Dr. Marcia A. Harris

Marcia A. Harris, MD, LHD (Hon) is a practicing physician in New York City. She delivered thousands of babies for 27 years at the New York Hospital, Weill Cornell Medical Center after Medical School at Columbia University, College of Physicians and Surgeons. After a severe health condition landed her in the hospital 14 years ago, she shifted her focus to wellness and prevention and now practices Integrative, Complementary and Anti-Aging Medicine at Patients Medical, PC in Manhattan. Dr. Harris speaks with the Les Brown Platinum Speakers Network and devotes a great deal of time to patient education through free and low-cost seminars and workshops at schools, churches and retreats.

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