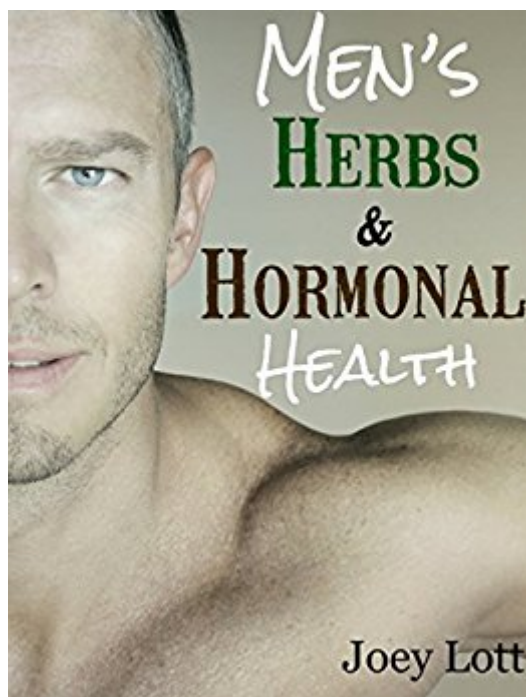




The book was found

Men's Herbs And Hormonal Health: Testosterone, BPH, Alopecia, Adaptogens, Prostate Health, And Much More



Synopsis

Menâ™s Health Made Simple and NaturalYou want to explore your health in a natural and effective way, but where do you begin? Author Joey Lott delivers a comprehensive look at menâ™s health in his latest book, Menâ™s Herbs and Hormonal Health. Learn the vital connections between health and metabolism, immunity, and inflammation. Troubleshoot issues you may be experiencing by looking up the topic in the book and seeing what herbs might be indicated. Topics include pattern baldness/alopecia, BPH, insomnia, and prostate health, just to name a few. Herbal Wisdom Thatâ™s Easy on the WalletAre all those supplements you see in the news really worth the expense? Advertisers often prey on our fears and perceived flaws. This is no exception in the world of health. Luckily, Menâ™s Herbs and Hormonal Health cuts through the crap and delivers the truth to readers on what really works and what isnâ™t worth the bother. Support your hormonal health, increase your sex drive, and feel more energized using herbs, many of which have a long tradition of use and can be acquired inexpensively or even for free through wild foraging.Whatâ™s the Deal With Stress and Adaptogens?Adaptogens are hot in the health food world these days, but what are they and what do they do? Learn about these and other tonic herbs, including ashwaganda, rhodiola, and eleuthero. Discover the vital role that stress plays in hormonal health and how to combat chronic stress long-term. The author draws upon his extensive research in the field, anecdotal evidence, and his own experimentations on himself. His reliance on both scientific research and a more intuitive approach to plants is likely to appeal to a broad range of readers. Download this book now to begin unlocking your own personal male code for optimal health and performance.

Book Information

File Size: 2130 KB

Print Length: 107 pages

Simultaneous Device Usage: Unlimited

Publisher: Archangel Ink (October 14, 2015)

Publication Date: October 14, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B016NSXBWQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #932,583 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health > Hair Loss #22 inÂ Books > Health, Fitness & Dieting > Men's Health > Hair Loss #50 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health > Prostate Health

Customer Reviews

This is more like a herbal guide, easy to read and straight to the point, and you can tell that author did sufficient amount of research on each herb suggested in this book (It doesn't only suggest herbs)I use it every now and then to check whether the herb is useful for me or not, the side effects, whether it is known to be contaminated or not, etc.. it is a comprehensive book and I highly recommend it for men, and even women :)

Now this is doable! An informative book on herbs and health that doesn't leave you with an "Oh no! Now where do I start" feeling when you finish the book.It's nice to know that a few herbs can cover a multitude of symptoms. And it's nice to hear that you don't have to live on them all the time.Thank you.

Helpful intro to herbs for men. I haven't had a chance yet to try the herbs the author recommends, but it was helpful to have a list of some good sounding resources for finding the herbs (and seeds for herb plants). I will update this review after trying some of the herbs.

[Download to continue reading...](#)

Men's Herbs and Hormonal Health: Testosterone, BPH, Alopecia, Adaptogens, Prostate Health, and Much More Men's Herbs and Hormonal Health: Testosterone, BPH, Alopecia, Adaptogens, Prosta
The Prostate Health Diet: What to Eat to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis Healthy Prostate: The Extensive Guide to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostat Healthy Prostate: The Extensive Guide To Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis Testosterone: The Definitive Guide to Boosting Your

Testosterone, Gaining Muscle, Increasing Your Sex-Drive and Becoming the Ultimate Male (testosterone, health, fitness) Beating Prostate Cancer (Hormonal Therapy & Diet, 1) (Hormonal Therapy & Diet, 1) Herbal Remedies: Adaptogens: Herbs For - Adrenals, Thyroid, Hormone Balance & Much More! The testosterone book. How to increase your testosterone 100% naturally: The truth about what works to increase your testosterone. Scientifically proven, with the most in-depth research. Prostate Problems Home Remedies, How To Fight Prostate Problems At Home, Get Rid Of Prostate Problems Fast!: Back On Track - Fighting Prostate Problems At Home Dr. Peter Scardino's Prostate Book, Revised Edition: The Complete Guide to Overcoming Prostate Cancer, Prostatitis, and BPH Dr. Peter Scardino's Prostate Book: The Complete Guide to Overcoming Prostate Cancer, Prostatitis and BPH What Men Won't Tell You: Women's Guide to Understanding Men (How to read their minds, what men want, why men cheat, why men won't commit, why men lose interest, how to avoid rejection from men) Men's Hormones Made Easy!: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT! Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8 How To Dry Herbs At Home: The Ultimate Guide To Drying Herbs (Herb Gardening, Herbs And Spices, Condiment Recipes, Condiment Cookbook, Herbal Recipes, ... Mixing Herbs, Spices, Sauces, Barbecue) The Testosterone Files: My Hormonal and Social Transformation from Female to Male Adaptogens: Herbs for Strength, Stamina, and Stress Relief The Definitive Testosterone Replacement Therapy MANUAL: How to Optimize Your Testosterone for Lifelong Health and Happiness Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)