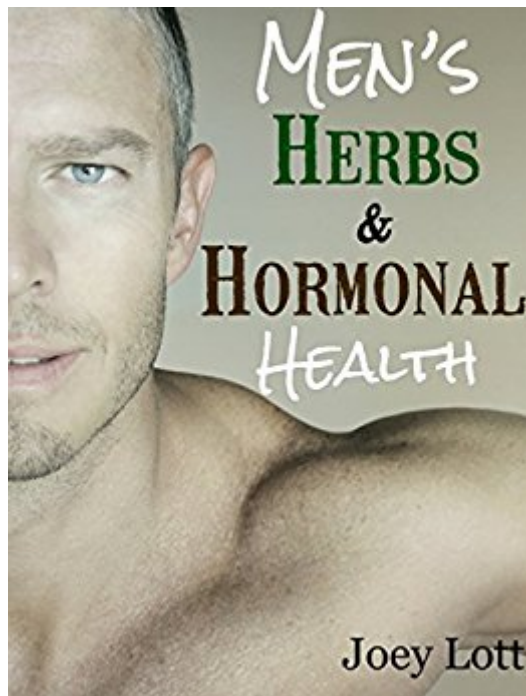


The book was found

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: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #693,818 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health > Hair Loss #13 inÂ Books > Health, Fitness & Dieting > Men's Health > Hair Loss #43 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.

[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, Prostate Healthy Prostate: The Extensive Guide To Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis Herbs: Everything You Need To Know About Medicinal And Culinary Herbs: (Growing Herbs, Herbs For Health And Healing, Herbs For Weight Loss, Herb Gardening) Prostate Diet: BPH, Prostatitis, Prostate Cancer (Quick Nutrition Book 2) How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And Spices) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How to grow herbs, growing herbs for beginners) Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) Medicinal Herbs: Discover 12

Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs) Home Remedies for Prostate Health (Prostate Cancer, Prostatitis, prostate inflammation, bacterial prostatitis) PROSTATE CANCER: From PSA Test To Prostate Biopsy, Diagnosis To Prostate Surgery, To Recovery The Definitive Testosterone Replacement Therapy MANual: How to Optimize Your Testosterone for Lifelong Health and Happiness Juicing for Prostate Health: Juice Recipes to Help Reduce BPH Symptoms and the Risk of Cancer Based on the Latest Research (Juice Away Illness Book 4) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Prostatitis & Benign Prostate Hypertrophy (BPH): The Information Your Doctor Doesn't Have (or doesn't tell you) ERECTILE DYSFUNCTION: How To Get Rock-Solid Erections - Libido, Erection, Sexual Health & Sexuality (Prostate, ED, Testosterone, Kegel, Performance Anxiety, Premature Ejaculation, Orgasm) Prostate Health Guide: Get the Facts and Natural Solutions for Optimal Prostate Health Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) Dr. Geo's Guide to Natural Prostate Health: A Man's Guide to Traditional and Natural Treatments for an Enlarged Prostate Skin Care for Men - The Best Ways to Fight Acne, Skin Complexion Tips, Men's Grooming & MUCH MORE!

[Dmca](#)