



Ageless: The Naked Truth About Bioidentical Hormones

Suzanne Somers

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Can you really feel better as you get older?

Is aging without illness possible?

Is your own internal fountain of youth waiting to be discovered?

Yes, yes, and YES! says Suzanne Somers, the bestselling author of *The Sexy Years*. It can all be true when you take advantage of the new science of antiaging medicine—a revolutionary approach to achieving the ageless life.

Suzanne Somers introduced millions of women to bioidentical hormone replacement therapy and changed the way we look at menopause with her groundbreaking book, *The Sexy Years*, and the overwhelming media response to its publication. Now, in *Ageless*, Suzanne introduces an inspiring, medically validated approach to reversing the aging process and maintaining a healthy, vibrant, mentally sharp, sexually active life—while building the body's natural defenses against age-related diseases.

Ageless is jam-packed with new, updated information on bioidentical hormone replacement and antiaging that will change your life forever. Suzanne talks about:

- Antiaging medicine and how it can help work against the environmental assault that is making us sick, including how to detox the body of harmful pollutants and chemicals and strengthen our weakest glands and organs
- Menopause, which can become an enjoyable passage once the body is in perfect hormonal sync with bioidentical hormone replacement therapy
- The dangers of perimenopause and how women can treat it
- Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of hysterectomies, and how to restore your body to perfect hormonal balance after having one
- How andropause is a real condition for men, and how men can lose weight, regain their youthful physiques, and restore health, energy, and sexuality, all through bioidentical HRT
- The importance of sleep and the healing work that nature does during this time to balance hormones and increase energy

In this “antiaging bible,” Suzanne brings together prominent, Western-trained antiaging doctors who are at the forefront of a medical revolution to show how the traditional medical approach is woefully inadequate and outdated. Its standard of care has been to treat all symptoms with drugs, but in *Ageless* you will find out how this approach does not make us better. With antiaging medicine you can heal your body rather than keep a chronic condition at bay with drugs. *Ageless* shows you how to keep your “insides” young, and how this manifests on the outside.

What could be better than having your doctor tell you that you have the bones of a twenty-year-old, or the heart of a thirty-year-old? You can be young on the inside if you follow the advice in *Ageless*. Suzanne reveals the secrets to youthfulness that everyone can achieve and shows us all how to live the ageless life!

How young is your energy?

“The second half of your life can be better than your first half. A better life, a healthier life, a life of youthful energy comes from embracing antiaging medicine, and bioidentical hormone replacement is a big component. . . . The second half of life can be wonderful. I know it because I am living it. This new approach to health gives you back your lean body, shining hair, and thick skin, provided you are eating correctly and exercising in moderation. This new medicine allows your brain to work perfectly and offers the greatest defense against cancer, heart attack, and Alzheimer’s disease. Don’t you want that?” —**From the Introduction**

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Natalie says

I would not have expected to enjoy Suzanne Somer's books, but she is very knowledgeable about bioidentical hormones and I like her forward thinking about health and personable approach. This book is also full of interviews with knowledgeable and caring experts in their fields. Hormones play such important roles in our bodies that it pays to learn about them, and Ageless is an excellent resource to help with that.

Da277 says

This book confirmed much of what I have always thought. I haven't read a book I dog-eared, highlighted and flagged so much since college.

September says

With all of the advances in technology and all of the information available to women, this book still manages to find a gap in the knowledge base, and fills it. Suzanne Somers, although more well known for her acting, is pioneering the way for women to be able to get the help that they so desperately need as they enter perimenopause and menopause. Suzanne's research and apparent depth of knowledge on hormones is astounding to me. I read this book when it first came out and have to say it has changed my life!

Mequell says

This was amazing with all of the information and symptoms tied to low hormones. It was an easy read even though there was a lot of information from doctors and information about the effects on your body. The suggestions seemed a little overwhelming at times even though I realize I probably shouldn't eat sugar at all ever for the rest of my life it still seems a little extreme but I can still take what I want from it and be better off.

Ida says

This book contains loads of information written in layman's terms to make reading fairly simple. It covers what I wanted to know about bioidentical hormone treatment as well as other anti-aging practices and treatments. It includes interviews with doctors who specialize in bioidenticals and covers topics related to nutrition, exercise, and male menopause.

Tracy says

This is an amazing book by a totally unexpected author! I was on birth control pills for about 10 years with horrible side effects of constant migraines and other issues.

I also am a long term runner and was having a major slump in energy, nothing like what I was used to. I was in my late ' 30s and totally exhausted. Very strange. I don't think that was related to the pills, but it was just wierd.

Not to mention I discovered that birth control pills taken over long periods of time often cause various types of cancer. Ahhhh!!! I was running for the hills (away from birth control pills) with no solution to the different physical issues I had going on.

I had no idea that there was a difference between synthetic hormones and bio-identical hormones. I had never heard of bio-identical hormones. Bio meaning "of the body" so bio-identical means the same as what would naturally come from the body.

A friend gave me this book and it was just what I needed. First of all, the author speaks in normal English, not medical terms. She walks you through every hormone, explains what it does and what the symptoms are if you have too much or too little in your system. There are interviews with multiple doctors on the subject giving their detailed answers and advice. There are lists of doctors all around the country that know this field and can help you.

You learn from this book the dangers of synthetic hormones. An example is Premarin, a very commonly prescribed brand of synthetic hormone for women. It actually is gotten from horse urine! And it often has tremendous side effects. Your doctor doesn't tell you that. Maybe your doctor doesn't even know that, but it's true.

I found a doctor in my area and I'm happy to report I'm pretty much migraine free. I get maybe one or two a year, not every other day like before. I sleep well now, I have more energy. I'm in my ' 40s and my body is transitioning well.

Hormones are responsible for a lot of your body's functions and can affect so many things: your sleep, weight, energy, mood swings, period cramps, migraines, the list goes on. This applies to both men and women. This book has data for both.

Before you saddle yourself with drugs and anti-depressants, get informed and at least see if this data makes sense to you.

Roos says

No wonder why my Boss ask me to read this book...

This book makes people understand about their hormone and ageless. It because Hormone promises many benefits for both men and women,the main benefit being reverse aging. Some of the other claims made about hormone is that it can help enhance your metabolism,or increase muscle mass, helps in calcium retentionin

your body, helps in keeping bones healthy, reduces fat in the body, helps in controlling sugar and insulin levels, helps in immunity and several more important function that keep us healthy when we are young. Very informative book.

And no wonder why Suzanne Sommers look younger than her age and my Boss adore her...hahahaha.

Furryfury says

I heard so much about this book I had to check it out. As I suspected it's total hogwash. If you follow it you will end up paying a great deal of money to some very questionable practitioners, who are not likely to be licensed for treatments that do nothing. It makes me very angry that people are buying this stuff on the basis of a fluffy headed celebrity who claims she cured her own cancer. How gullible can you be?

Paulene Klaudt says

I want to be able to receive bioidentical hormone treatment, I researched all about the treatment, but because I do not have any benefits (not sure even if it would be covered anyway?) and it is not covered under our health system in Canada (in my province of Alberta anyway) I cannot afford to get this treatment, so what to do? A great book I read written and studied by a Canadian Dr. (gynecologist) It is called "Discovering your true balance with bioidentical hormones". It has all the information as in Suzanne Somers books, I just do not know what else I could do? If you are financially embarrassed like me, you are out of luck. I believe that this is a much better alternative out there, for so many reasons. It is just unfortunate that most of our Dr's are eating out of the drug companies hands and are limited in what treatments to provide, why can I not get the treatment I prefer, instead of taking prescription after prescription of more & more drugs?

Kristi says

I loved this book! It just made absolute, perfect sense to me to try natural remedies for aging. Suzanne has a wealth of knowledge to share and a practical, enjoyable, easy understandable way of writing that is uplifting, motivating and inspiring. I love her lifestyle, her joy for living and her calming way of educating people. At 43, I'm going into middle life with a dream and desire to continue to be healthy, happy and energized; and Bioidentical Hormones, real foods, exercise, along with faith and family are the way that I want to do it too. I can't wait to read all of Suzanne's other books. She radiates life, good health and beauty.

Susan Barnes says

It is extremely important for women to take charge of their personal health. Investigate, question, research and don't be afraid to look to nature for the answer. The FDA authorizes medications and procedures everyday that have ruined peoples lives or not enhanced in the least. The excuse it is not FDA approved does not work for me anymore because the medication that was approved ruined my liver. Its back to nature for me. This book reinforced that I was not paranoid and there is a better way, its about quality of life not

padding others pockets!

Kathrynn says

This one hit my favorite meter! Suzanne did an excellent job compiling information, interviewing doctors (with summaries at the end of each interview), a few patient stories, information on male menopause (andropause), yoga, beauty (good haircut, makeup, dressing)--not plastic surgery.

Throughout the book there are mentions of how U.S. food is poisoning us. Our meat and dairy products are full of synthetic hormones and other chemicals and our fruits and veggies are loaded with pesticides and other chemicals. Did you know that the entire European continent will not import our meat because of the harmful stuff we put in it? Some of our fruits have lost their flavor while in other countries their fruit and veggies enhance more meals because they are tastier and less harmful.

There is a patient story who became a strict vegetarian and how sick she became because our bodies were meant to consume meat--in small portions. Just have to find "real" meat and watch our portions.

Our fish (tuna, swordfish, etc) are also contaminated with dangerous levels of mercury. They get it because they are eating the small fish that hang out in our rivers that go to the ocean.

There's a section on the harmful effects of our environment, too. We are poisoning ourselves! Recently, there has been an increase in breast cancer in China and found it was not due to their diet, but their pollution. It matters.

Did you know that in European countries doctors practice homeopathy first, then, if necessary, they prescribe drugs as a last resort?

Suzanne mentions in several places that she is NOT anti-drug. She believes that in some instances a drug is the best course of action, but it shouldn't be our first course.

We have harmed ourselves by going to doctors demanding antibiotics for every cold, sniffle, etc. Taking motrin and tylenol, heck, using fluoride are not good for us. There are alternative methods that are healthier.

The importance of sleep is mentioned in numerous places. Getting to bed between 9 and 10 pm is a must and sleeping in total darkness turns on the much needed melatonin which not only allows us to sleep, but has many antioxidant properties. Melatonin is not available over the counter in Canada...It is a hormone.

She explains vitamins and the RDA's, etc. I was surprised that most multivitamins have extremely low RDA's. Bare minimums. Not near enough. The RDA for Vitamin D says 400 but in today's environment we need 1000. I heard this from my pharmacist, too and glad it was mentioned in this book. Always like to double (triple) check what I'm told...

Once again, this book blasts the drug companies for running our healthcare system. A person she interviewed mentioned that it started by the Carnegies and Rockefellers...and now the drug companies are locked in to our health system and because they cannot patent what is natural to our environment (and more healthy for us), they push their drugs--no matter the harmful side affects--to doctors who have grown to rely on them for advice, guidance and direction. What a shame.

I enjoyed reading the ideas and alternative medical testing that should be done for our health. Good luck finding a doctor near you who a) understands and uses these methods and b) your insurance covers it. Depends on the state you live in. Right now 14 states seem to be on the cutting-edge of medicine. The rest...not so much.

A senator in North Carolina had Parkinson's and went to a homeopathy doctor and was able to walk again. He told his story to the state legislature and they passed laws allowing homeopathy to be practiced in that state without constant supervision by non-homeopathy practitioners.

One doctor tells about the harmful affects of mammograms that has been at the back of my mind. There are thermoscans that are both better at detection and don't cause a tiny cancer to bloom by getting a mammogram. Yet this is not our "standard-of-care." Shocking.

When we get tests done that come back "normal" that may mean they are "normal" for what has become excepted for that age. Not normal in that we are in the optimal range. Cutting-edge doctors use natural methods and supplements to not just prolong our lives but **improve and maintain** our quality of life. It is not about stopping aging, but aging and maintaining a healthy life. Our bodies can do this.

Age with a smile and what a great time this can be!

There are newer, more advanced and less evasive methods that can actually serve us better, but most doctors don't do it or know about it because they haven't stayed current with the changing way of medicine. Slowly, very slowly, U.S. doctors are coming around and looks like medical schools are starting to teach more about treating the whole body and not MASKING one specific symptom with a drug that has a slew of side affects.

Throughout this book there are harmful examples of anti-depressants and I recommend this to EVERYONE-men and women.

Yijun says

please get rid of all the pills, and go back to the traditional Chinese medicine.

Don't creat a hug medical industry only to cheat people and make the situation worse and worse.

Almost all the medicines they have side effect, they hide this on a small piece of paper, and they try to show their shinning point to let you to purschase them... How dare you to eat all these chemicals that are not from the nature?

Marinela M says

my you daughter says confuse-led - made up word- she is trying to sell her way , (she hadn't known never having normal hormonal life, pill for all her life, hysterectomy- breast cancer survivor- bravo to her life style but nothing in common with normal people- so I don't now put it on the side or give it to good will. so you take your chances in life- rich to pay for your doctor to fix your glamour or just simple life with no drama.

Susanna says

Suzanne delivers some great insight into the world of hormonal changes, for women and men, and gives one hope that life doesn't have to be filled with the "seven dwarfs of menopause". She sheds light on the damage we have done to our bodies through skin care products, antibiotics to birth control. She also lets us know that we do not have to "settle" for the drugs and synthetic hormones our doctors like to push on us. There is definitely hope and a beautiful life waiting around the corner when we change our lifestyle, possibly even including bioidentical hormones. Thank you, Suzanne, for letting us in on these wonderful secrets to the fountain of youth!!!
