

## Breakthroughheight Steps To Wellness Life Altering Secrets From Todays Cutting Edge Doctors Suzanne Somers

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Spending the time that you just won't have with your own doctor in today's challenged medical environment, she shares the 8 STEPS TO WELLNESS that form the cornerstone of breakthrough medicine. Readers will discover how to: • balance hormones through bioidentical (not synthetic, cancer-causing) hormone replacement • fix thyroid problems

### Breakthrough: Eight Steps to Wellness: Somers, Suzanne ...

Breakthrough reveals eight key steps to wellness one can implement that address the horrendous, but preventable, factors that erode our bodies and minds as we age. From toxic buildup associated with processed chemicals in our food, water, pharmaceuticals, and the air we breathe to our unhealthy diets, and adverse effects of lacking the right nutrients, exercise, and sleep, Suzanne's new book provides an invaluable guide to overcoming each destructive influence with the latest scientific ...

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Balance hormones through bioidentical (not synthetic, cancer-causing) hormone replacement. Fix thyroid problems. Sleep 8 to 9 hours each night without drugs. Improve memory. Detect diabetes early. Prevent and manage cancer. Restore hearing. Preserve eyesight. And much more!

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