



Hormones Explained (Anti-aging medicine bioidentical hormone replacement, and the controversies)

M.D. Dr. Selma Rashid

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Hormone replacement therapy is one of the most important but controversial topics in medicine.

HORMONES EXPLAINED, Anti-aging Medicine, Bioidentical Hormone Replacement Therapy and the Controversies for the first time explains clearly the key concepts that everyone should know about the aging process and hormones. The book begins by briefly explaining the aging process, the signs of aging and lists the major diseases of aging. Dr. Selma boldly claims that the medical system is mismanaged and inadequate. She spares no one, challenging how developed countries, with the US in particular continue to focus on treating rather than preventing the diseases of aging.



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