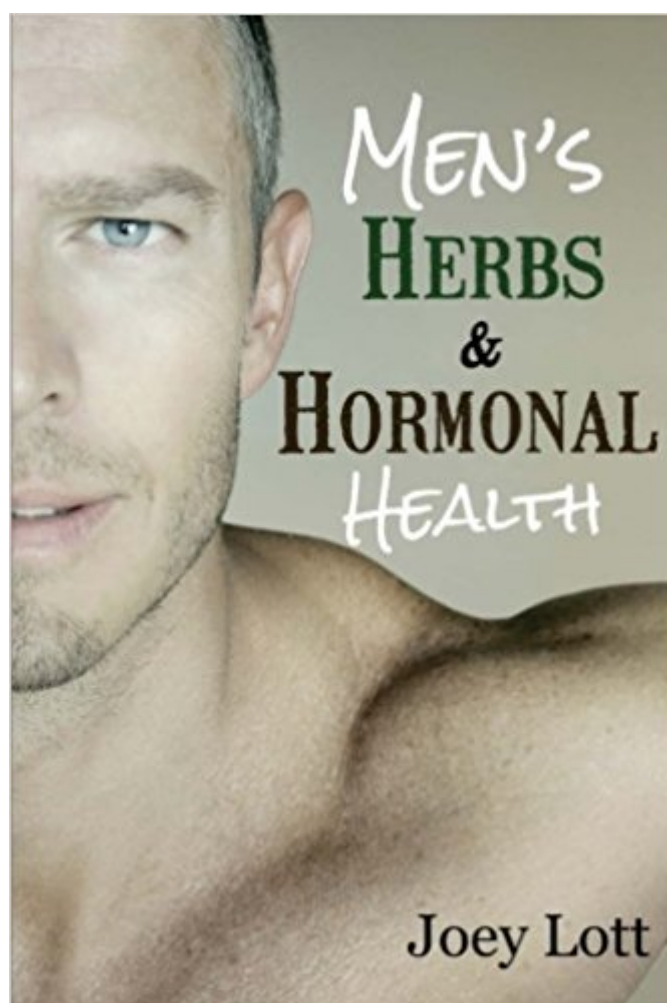


The book was found

Men's Herbs And Hormonal Health: Testosterone, BPH, Alopecia, Adaptogens, Prosta



Synopsis

Men's Health Made Simple and Natural You want to explore your health in a natural and effective way, but where do you begin? Author Joey Lott delivers a comprehensive look at men's health in his latest book, Men'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 That's Easy on the Wallet Are 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, Men's Herbs and Hormonal Health cuts through the crap and delivers the truth to readers on what really works and what isn'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. What'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. Read this book now to begin unlocking your own personal male code for optimal health and performance.

Book Information

Paperback: 154 pages

Publisher: CreateSpace Independent Publishing Platform (October 20, 2015)

Language: English

ISBN-10: 1518666868

ISBN-13: 978-1518666865

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #2,277,189 in Books (See Top 100 in Books) #39 in Books > Health, Fitness & Dieting > Men's Health > Hair Loss

Customer Reviews

"The secret to happiness is to let go of everything - see through every assumption." Beginning at a young age Joey Lott experienced intensifying anxiety. For several decades he lived with restrictive eating disorders, obsessions, compulsions, and an inescapable fear. By the time he was 30 years old he was physically sick, emotionally volatile, and mentally obsessed with keeping any and all unwanted thoughts and experiences at bay. At this time Lott was living on a futon mattress in a tiny cabin in the woods. He was so sick that he could barely move. He was deeply depressed and hopeless. All this despite doing all the "right" things such as years of meditation, yoga, various "perfect" diets, clean air, and pure water. Just when things were at their most dire, a crack appeared in the conceptual world that had formerly been mistaken for reality. By peering into this crack and underneath all the assumptions that had been unquestioned up to that moment, Lott began a great undoing. The revelation of this undoing is that reality is utterly simple, ever-present, seamless, and indivisible. Lott's books provide a glimpse into the seamless, simple, and joyous nature of reality, offering a glimpse through the crack in conceptual worlds. Whether writing about the ultimate non-dual nature of reality, eating disorders, stress, disease, or any other subject, he offers the invitation to look at things differently, leaving behind the old, out-grown, painful limitations we have used to bind ourselves in suffering. And then, he welcomes you home to the effortless simplicity of yourself as you are. Not sure where to begin? Pick up a copy of Lott's most popular book, *You're Trying Too Hard*, which strips away all the concepts that keep us searching for a greater, more spiritual, more peaceful life or self.

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, Prosta Men's Herbs and Hormonal Health: Testosterone, BPH, Alopecia, Adaptogens, Prostate Health, and Much More Testosterone: The Definitive Guide to Boosting Your Testosterone, Gaining Muscle, Increasing Your Sex-Drive and Becoming the Ultimate Male (testosterone, health, fitness) 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. 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) Beating Prostate Cancer (Hormonal Therapy & Diet, 1) (Hormonal Therapy & Diet, 1) The Definitive Testosterone Replacement Therapy MANual: How to Optimize Your Testosterone for Lifelong Health and Happiness The Testosterone Files: My Hormonal and Social Transformation from Female to Male Adaptogens: Herbs for Strength, Stamina, and Stress Relief Herbal Remedies: Adaptogens: Herbs For - Adrenals, Thyroid, Hormone Balance & Much More! Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) Testosterone: Boost Masculinity for Sex Drive, Confidence, Muscle Mass, Fat Loss, Energy, Avoiding Hair Loss and other signs of low testosterone Testosterone: Everything You Need to Know to Skyrocket Your Testosterone Levels (Lifestyle University Book 3) Testosterone: Everything You Need To Know To Skyrocket Your Testosterone Levels (Lifestyle University) (Volume 3) Herbs:How To Dry And Prepare Your Herbs - A Herbal Beginners Guide: :: Easy To Follow And Learn How To Dry And Store Your Herbs ONLY! American Medicinal Leaves And Herbs; Guide To Collecting Herbs and Using Medicinal Herbs and Leaves Drying Garden Herbs: The Ultimate Guide To Drying Herbs - Amazing Tips And Tricks On How To Easily Dry Fresh Herbs

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)