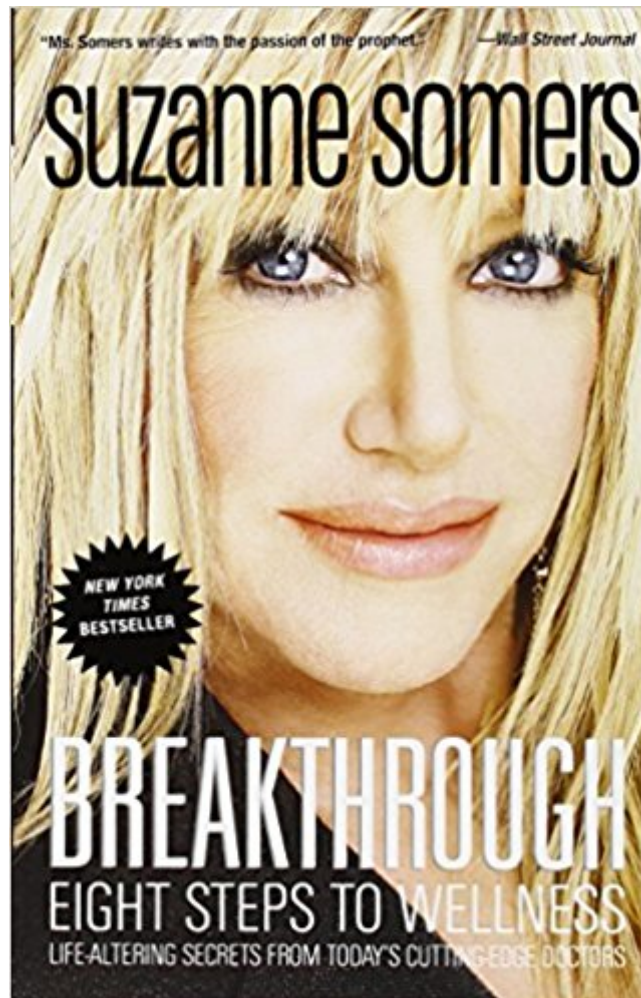




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Breakthrough: Eight Steps To Wellness



Synopsis

Are you thriving...or do you need a health BREAKTHROUGH? People are suffering and many haven't had access to the treatment they truly need to get better. Until now. In interviews with the most progressive doctors in the field of antiaging medicine, #1 New York Times bestselling author and women's health pioneer Suzanne Somers uncovers enlightening, lifesaving information for a natural, drug-free approach to living. 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 • sleep 8 to 9 hours each night without drugs • improve memory • detect diabetes early • restore hearing • preserve eyesight • and much more!

Book Information

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Customer Reviews

SUZANNE SOMERS is the author of twenty-two books, including the #1 New York Times bestsellers *Sexy Forever*, *Knockout* and *Ageless*, and the Times bestsellers *Breakthrough*; *Keeping Secrets*, *Eat Great, Lose Weight*; *Get Skinny on Fabulous Food*; *Eat, Cheat and Melt the Fat Away*; *Suzanne Somers' Fast and Easy*; and *The Sexy Years*. Somers can be seen in her weekly talk show, *The SUZANNE Show*, on the Lifetime Network and in *Suzanne Somers Breaking Through*, her YouTube internet talk show hosted by CafeMom. Visit www.suzannesomers.com for more information on her shows, products, and her phenomenally successful weight loss plan, *Sexy Forever*. From the Hardcover edition.

Great book. Tons of recommendations other than her line of products. I feel some of the negative reviewers did not actually read the book. I only purchased products mentioned by the doctors within the book. A few of the things I already have and use, but others were new to me and have made an astonishing difference in my health. Thank you for writing this. At the end of the book is a glossary of her products, but it is not the meat of the book.

Please do yourself a favor and read this as well as her other books, I am so glad I did when I just got diagnosed with breast cancer and now I feel like there are other options than being sick!

I highly recommend learning about how bio-identical hormones will help every lady during their time of peri-menopause, menopause and post menopause. I purchased this book because of Kim Catrell's role as, "Samantha" in the 2nd Sex In The City MOVIE when they all go to one of the 7 Emirates of UAE. "Samantha" had this book in tow and while watching the movie, I noticed the book she was holding, made note of it, purchased the book, read the book in it's entirety and have been under the care of Bio-Identical Hormone Doctor in NYC for the past 10-years and I 110% attest fantastic results - for the benefit of all mankind.

Everybody should read this book. This book is full of the best information on the latest health advancements from some of the world's foremost knowledgeable doctors!! Cutting edge advice from the best health professionals. Been following their advice and my private doctor wanted to know why my blood work was so good!! He said "whatever you have been doing, keep it up"!! This book has changed our lives!

This really makes you think about how the typical MD's and pharmaceuticals are screwing all of us. I actually met a person who is a 20-year breast cancer survivor who saw one of the doctors in this book. She did not go through chemo or radiation, but went on his program, and is healthy. Definitely worth the read.

Opened up a whole new world to me. Thought Suzanne Somers was just an actress - no way - she interviews cutting edge Dr's and the book is the interviews. My life has done a turn around because of Suzanne Somers. I applaud her efforts and what she has done to help us live healthier, longer lives

I am in the healthcare field and a real book person. This book is amazing! She explains what happens to your body, piece by piece, and tells you what to look for or how to reach your maximum potential. I love to underline in my books but this book is so good that I'm practically underlining most of the book. I am sharing her information with the people that I care about. I appreciate all the time and energy she put into this book. What I would do to spend a day picking her brain...fantastic!

This book is awesome. Suzanne Somers has done more to gather research on how to get well and stay well than just about anyone. I appreciate what she has done to educate the lay person on subjects of natural and healthy ways to live. Great book

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