

Foreword

Dr. Gowri Rocco is one of the 'new kind of doctors.' She has courageously stepped outside of the preset 'standard of care' box to offer information not learned in medical school. This new medicine takes into account the changing planet, the environmental assault and what we need to do to thrive and survive if we want to live a long and healthy life.

Dr. Rocco has a complete understanding of Bio-identical hormone replacement (BHRT), or, as I call it—'the game changer.' Hormones are the 'juice of youth' but, until recently, women and men were treated with a 'one-size-fits-all' patent medicine drug. No one was feeling well. True natural hormone replacement gives back quality of life and, in many cases, allows you to feel better than ever before in your life.

This is an informative, cutting-edge book that will educate you, allowing you to be in control of your health forever.

—Suzanne Somers

Iconic American actress, author, singer, entrepreneur, health advocate and spokesperson for bio-identical hormones.