



The Natural Superwoman: The Scientifically Backed Program for Feeling Great, Looking Younger, and Enjoyin g Amazing Energy at Any Age

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The new health bible for women.

Women all over the world flock to Dr. Uzzi Reiss for his cutting-edge approach to women's health. In *The Natural Superwoman*, Dr. Reiss brings his innovative philosophy to women everywhere, demonstrating how they can stop feeling overwhelmed and tired and start feeling their best-energized, focused, and ready to take on the world -each day.

As Dr. Reiss explains, hormone balance is the key to living with vitality. His anti-aging program combines natural hormone therapy, essential nutritional advice, simple exercise, and mind-body techniques to help you, no matter what your age, become the healthiest, most vibrant "natural superwoman" you can be.

The Natural Superwoman illustrates:

- Which specific hormones can enhance energy, sexuality, and memory; heal dry skin; relieve sleep disorders; alleviate depression; and more
- Why you should take magnesium instead of calcium to guard against osteoporosis
- How to make simple changes to your diet to help you lose weight
- Why you may actually be exercising too much

This book offers accessible yet authoritative information from a physician with more than thirty years of experience in understanding and working with women. *The Natural Superwoman* shows you how to take control of your well-being and feel better than ever *naturally*.

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