



Breakthrough: Eight Steps to Wellness

Suzanne Somers

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Breakthrough: Eight Steps to Wellness Suzanne Somers

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!

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