



# Mastering Healthy Aging for Women (Patient Handbook): Nutrition, exercise and hormone replacement therapy

*Todd David Greenberg M.D.*

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## **Mastering Healthy Aging for Women (Patient Handbook): Nutrition, exercise and hormone replacement therapy** Todd David Greenberg M.D.

A 21st Century Patient Model on Taking Charge of Your Health: Discover the keys to living better and longer. We explain the madness behind conflicting nutritional advice, advising low fat one day and low carbs the next. We show you the science that proves you can increase your lifespan through correct exercise and nutrition. We dispel the myths behind estrogen and progesterone hormone replacement therapy. Is it safe? Is it for you? Every chapter includes pearls and single page summaries that can be read independently for easy reference. Additionally, in depth discussions into each topic leverage over 1000 current references. You will be armed with the science to start on an effective lifelong journey of discovering your optimal self.

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