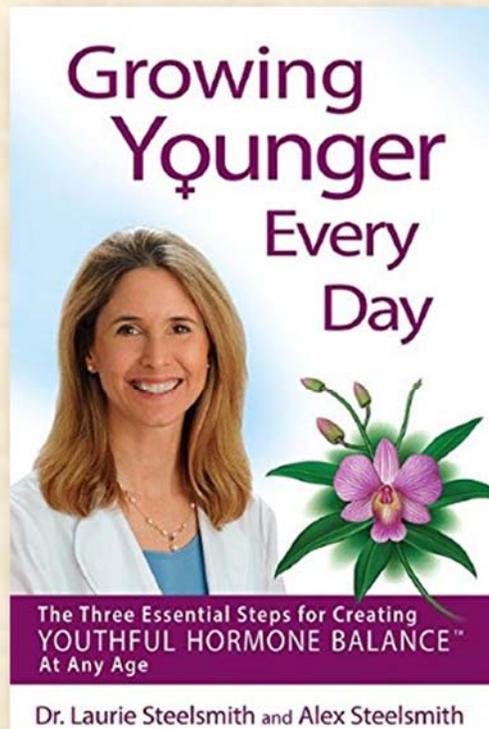


Book review
by Stacey Chillemi
of TheCompleteHerbalGuide.com

Title: GROWING YOUNGER EVERY DAY

The Three Essential Steps for Creating
YOUTHFUL HORMONE BALANCE
At Any Age

Author: Dr. Laurie Steelsmith and Alex Steelsmith



Website: <http://www.drsteelsmith.com/>

Also available as an Paperback or Ebook; ASIN: B077CDFKKT, \$14.99 71 pages

Growing Younger Every Day: The Three Essential Steps for Creating YOUTHFUL HORMONE BALANCE at Any Age is an empowering, informative and motivational read. Laurie and Alex Steelsmith's book, " Growing Younger Every Day," provides readers with the insights to understand how balancing your hormones plays a vital role in good health and well-being.

Most individuals do not realize that hormones have profound effects on your mental, physical and emotional health.

In the introduction, the Steelsmith's discusses how many women are never told about the wide range of effects their hormones have on their body both mentally and physically. Women are led to believe that by their doctors that the only solution is medication instead of going to the root of the problem, which is caused by a hormone imbalance and could be corrected naturally with the proper guidance, food, supplements and other natural treatments.

In the Growing Younger Every Day, Dr. Steelsmith helps you understand with her words of wisdom that by taking some time to understand what's going on in your body and then making small changes, you can look and feel like a new person in a matter of months.

Her teachings in the book give the reader an understanding that as long as you are open for guidance then guidance will make its way into your life. Dr. Steelsmith gives you the opportunity to renew your body by balancing your hormones with simple changes as she provides excellent guidance for balancing your hormones in her astonishing book, [Growing Younger Every Day: The Three Essential Steps for Creating YOUTHFUL HORMONE BALANCE at Any Age](#).

[Growing Younger Every Day](#) is packed with informative information, magnificent advice, tools, techniques and strategies, which teaches readers how to balance their hormones giving them the ability to solve specific conditions related to hormone imbalance, and also, giving them the ability to look and feel younger so they can experience happiness and live a healthy and productive life.

Dr. Steelsmith provides brilliant insight on how to transform your body including fabulous advice plus a wide range of recommendations and tips on how you can recharge your energy, renew your health, revamp your youthfulness.

Throughout the book, Dr. Steelsmith provides a vast array of evidence that helps readers acknowledge the vital importance of balancing your hormones and how it plays an essential role in people's mental and physical health. One important factor I acquired from reading this amazing book on balancing your hormones was that many of the common problems that women face as we grow older can be solved by balancing our hormones.

Medication is not the answer to everything and before someone commits to taking a prescription medication that can carry many side-effects, the individual should consider finding the root cause and focus on natural treatments first.

Dr. Steelsmith teaches you in her book how to turn your life around with the tips, tools, strategies, and techniques that are easy to incorporate into your life and very self-rewarding.

Steelsmith not only discusses how to balance your hormones effectively, she shows you how to transform your entire life as you read this astonishing life-changing book.

Dr. Steelsmith's approach to balancing your hormones helped me realize that WE control our bodies. We can change the way we look, think and feel by making simple productive lifestyle changes.

In addition, through reading this book I realize no matter what age you are you can transform your life and create the life you always wanted for yourself. A life filled with youthfulness, happiness, inner peace, good health, a great sex life and strong inner strength that can lead you to endless opportunities and the ability to be the person you always wanted to be.

I highly recommend this book for anyone interested in improving their health, sex life and recreating a new and younger you again. Laurie and Alex Steelsmith's book is excitingly packed with outstanding advice, tools, and techniques and I find [Growing Younger Every Day: The Three Essential Steps for Creating YOUTHFUL HORMONE BALANCE](#) a rewarding, motivating, inspiring and an enjoyable read.

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