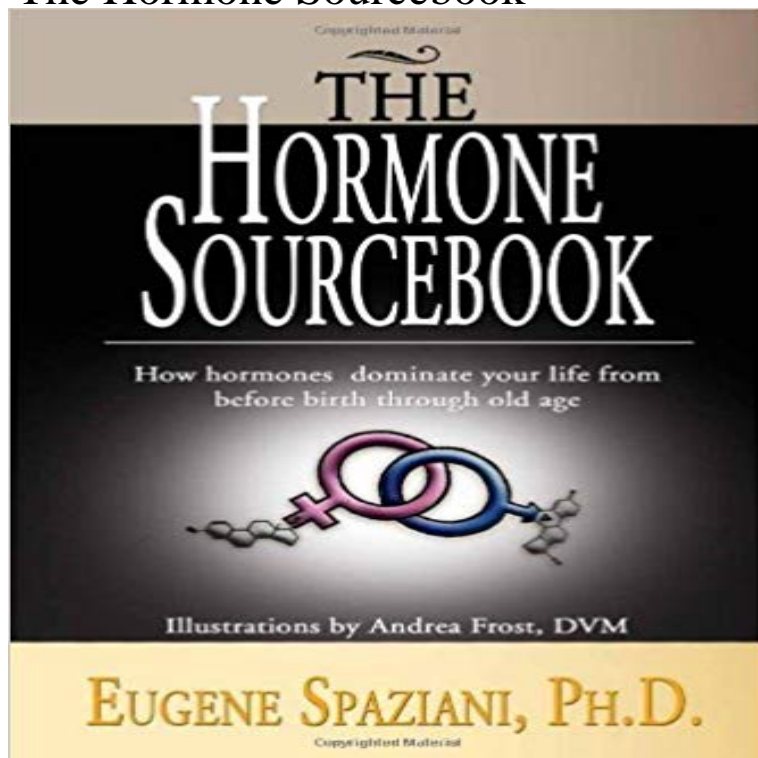


The Hormone Sourcebook



The book idea came from over 45 years of research, and teaching students training for careers in the health sciences, including medicine, dentistry, nursing, physical therapy and exercise science. This experience and feedback at dinner parties led him to decide that people are remarkably uninformed, yet are intensely curious about how their bodies work, especially about what hormones do. The hormone topics are introduced systematically and discussed in conversational style. The ten chapters are loaded with topical information, explanations of hormone controversies, and stories of epochal breakthroughs in bio-medicine (including hormone-related work by 30 Nobel Prize winners). The book provides the basics for understanding news stories about hormones that appear almost daily, and information that better prepares one for trips to the doctor. The book also guides readers through such controversies as hormone replacement therapy in menopause, steroid abuse and its consequences, the bio-identical hormones flap, and the nature-nurture arguments about the causes of homosexuality.

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