

Ageless  
**by Suzanne Somers**

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For decades, the Life Extension Foundation has warned its members about the lethal effects of certain estrogen and progesterin drugs, and has instead advocated natural hormone replacement and balancing. These warnings have been validated by recent scientific studies demonstrating that commonly prescribed estrogen drugs increase the risk of heart attack, stroke, and various cancers.

In 2004, we informed members about Suzanne Somers' bestselling book *The Sexy Years*. By combining science with Suzanne's real-life experiences, *The Sexy Years* introduced millions of women to the virtues of bioidentical hormone replacement therapy and maintaining natural hormone balance. As a result of the favorable media response to its publication, *The Sexy Years* has sold more than 2 million copies to date.

Now, in her new book *Ageless*, Suzanne takes her exploration of bioidentical hormones to the next level, introducing a scientifically substantiated approach to reversing certain aspects of the aging process, maintaining a state of lifelong vibrant health, and building the body's natural defenses against age-related diseases such as heart disease and Alzheimer's.

*Ageless* features interviews with antiaging doctors who are on the front lines in restoring hormone balance in their aging patients. These physicians are leading a medical revolution to introduce life-enhancing strategies that have been ignored by the medical establishment. *Ageless* is jam-packed with new insights and up to the minute information on how naturally restoring youthful levels of hormones such as estrogen, testosterone, and progesterone can help aging men and women alike to lose weight, regain their youthful physiques, and restore optimal health, energy, and sexuality.

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