

Dr. Don Colbert Reveals Stunning Anti-Aging, Anti-Dementia Secrets

Do you want to spend your golden years frail, feeble and in a nursing home? Of course you don't!

Board-certified family and anti-aging practitioner Dr. Don Colbert, a *New York Times*' best-selling author, says he has the answer—at last.

In his newest book, *Dr. Colbert's Hormone Health Zone*, Dr. Colbert reveals some groundbreaking information that will help turn back the clock. The secret, he says, is hormone optimization.

"As people age, the biggest thing I see is a decrease in energy," Dr. Colbert told Dr. Steve Greene on the latest edition of "Greenelines" on the Charisma Podcast Network. "For both men and women, the main thing hormone optimization does is to help increase energy levels."

"It also is one of the most powerful anti-inflammatories for the body. It decreases inflammation and in decreasing inflammation, many times pain, chronic pain, fibromyalgia, all kinds of arthritis are usually relieved or improved significantly, as well as strength and stamina, and muscle mass increases.

He adds, "It also improves depression in men and women. It is the most amazing natural anti-depressant I've ever seen."

Dr. Colbert's Hormone Health Zone dispels myths about hormone therapy and explains bioidentical hormones, which Dr. Colbert calls "the protective hormones."

"God wants us to live abundantly," he says. "And so many

people are settling for just getting old, getting tired and then just eventually dying. And we can live that life and live it more abundantly. ... Get your hormones to the level of a 20-year-old, and guess what? You start to feel like a 20-year-old."

Listen to the podcast for more of Dr. Colbert's anti-aging secrets and amazing success stories.