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younger than their actual  
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Younger Longer with Natural  
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Therapies is the first book  
that offers a prescriptive  
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host of other signs and  
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The Hormone Solution. A book for the general public introducing 15 hormone therapies and their efficacy to prevent, delay, and partially reverse aging. It contains all the information necessary to gain insight

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Hertoghe  
into what hormone therapies  
can and cannot do to slow  
down or reverse aging.

Useful for both patients and  
physicians willing to find  
the best hormone therapies  
to treat age-related  
diseases and complaints.



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program to counter memory  
loss, weight gain, wrinkles,  
shrinking muscle mass,

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impotence, hair loss, and a host of other signs and symptoms of aging.

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Hertoghe offers an effective program of hormone replacement therapy using safe, low doses of natural hormones in conjunction with a healthy diet and vitamin and mineral supplements to help people maintain

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physical, mental, and emotional health and literally restore their bodies to a state that is three to twelve years younger than their actual age.

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Valter Longo's research on  
fasting - Does not agree  
with reducing IGF-1 to live  
longer. Most studies in mice  
and only 4 in humans that

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person, I joined the team of Doctor Thierry Hertoghe to practice cutting-edge hormonal therapies. My consultation will focus specifically on thyroid and sex hormone treatments (female and male).



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Team | Hertoghe Clinic

Thierry Hertoghe, M.D., is a member of the International Advisory Board of the American Academy of Anti-Aging Medicine. He lectures

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regularly to medical professionals and laypeople in the United States and abroad on the subject of hormone deficiencies.

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Younger Longer with Natural

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Testosterone therapy, the handbook for physicians is an innovative book, based on Dr Hertoghe's vast experience that tells physicians what they need to

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know about testosterone to administer it to men. Where and how much testosterone is produced; Testosterone's physical and psychological benefits for men and prevention of age-related diseases

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loss, weight gain, wrinkles,  
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impotence, hair loss, and a  
host of other signs and  
symptoms of aging.



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