



Breakthrough: Eight Steps to Wellness

By Suzanne Somers

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Are you thriving...or do you need a health BREAKTHROUGH?

People are suffering and many haven't had access to the treatment they truly need to get better. Until now.

In interviews with the most progressive doctors in the field of antiaging medicine, #1 *New York Times* bestselling author and women's health pioneer Suzanne Somers uncovers enlightening, lifesaving information for a natural, drug-free approach to living. Spending the time that you just won't have with your own doctor in today's challenged medical environment, she shares the 8 STEPS TO WELLNESS that form the cornerstone of breakthrough medicine. Readers will discover how to:

- balance hormones through bioidentical (not synthetic, cancer-causing) hormone replacement
- fix thyroid problems
- sleep 8 to 9 hours each night without drugs
- improve memory
- detect diabetes early
- restore hearing
- preserve eyesight
- and much more!

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Editorial Review

About the Author

SUZANNE SOMERS is the author of twenty-two books, including the #1 New York Times bestsellers *Sexy Forever*, *Knockout* and *Ageless*, and the Times bestsellers *Breakthrough; Keeping Secrets*, *Eat Great, Lose Weight; Get Skinny on Fabulous Food; Eat, Cheat and Melt the Fat Away; Suzanne Somers' Fast and Easy*; and *The Sexy Years*. Somers can be seen in her weekly talk show, *The SUZANNE Show*, on the Lifetime Network and in *Suzanne Somers Breaking Through*, her YouTube internet talk show hosted by CafeMom. Visit www.suzannesomers.com for more information on her shows, products, and her phenomenally successful weight loss plan, *Sexy Forever*.

From the Hardcover edition.

Users Review

From reader reviews:

Sally Watts:

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