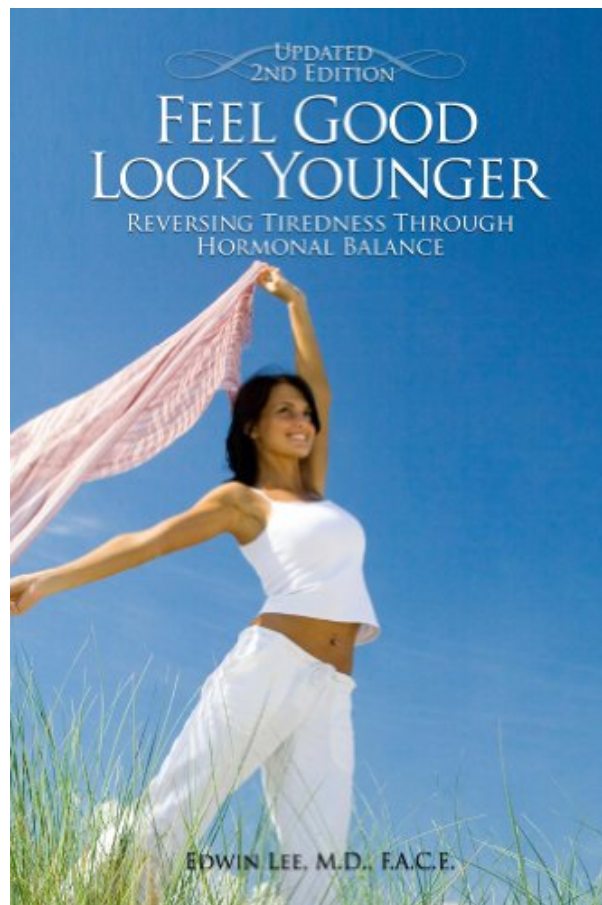
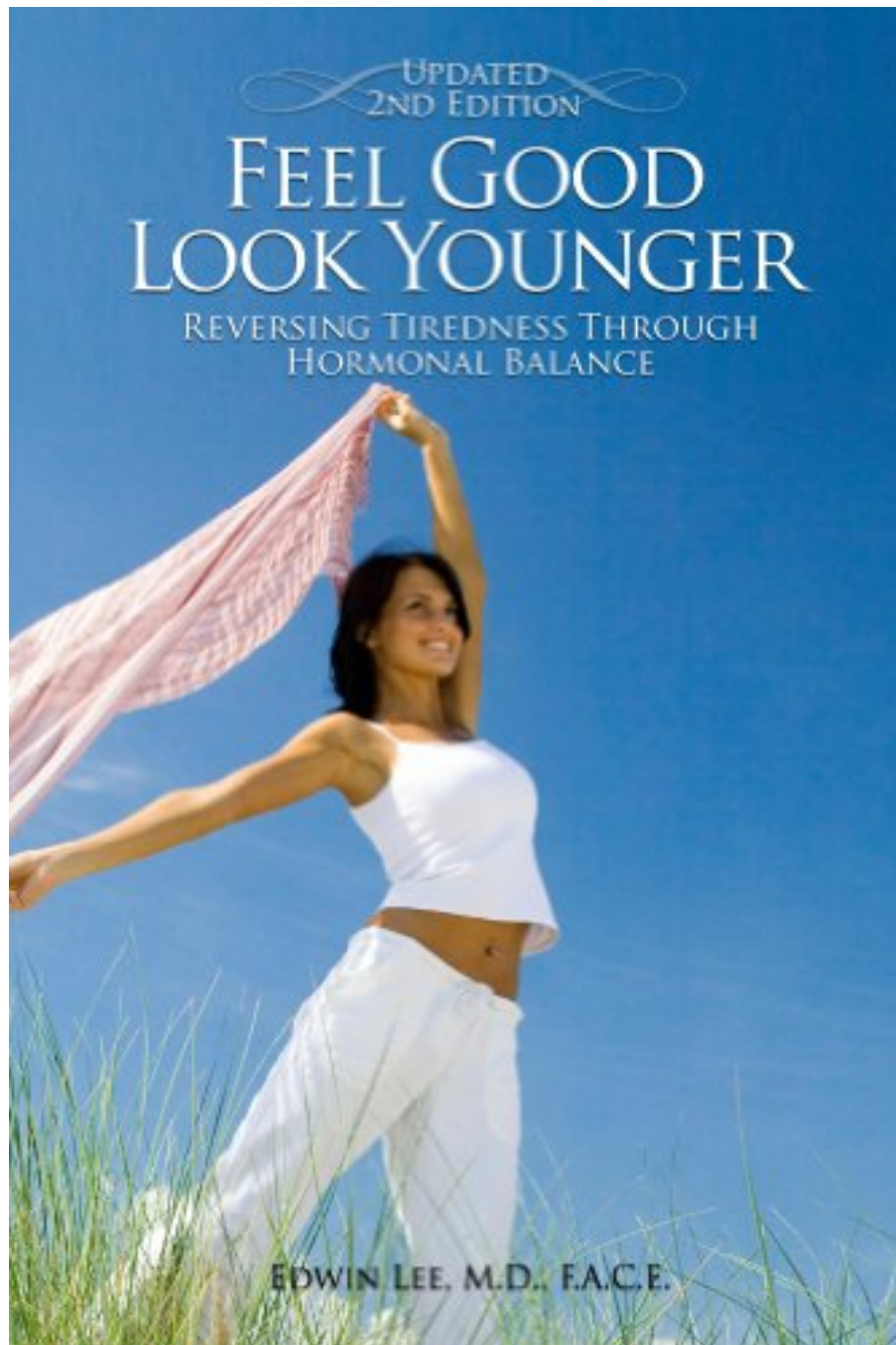


FEEL GOOD LOOK YOUNGER: REVERSING TIREDNESS THROUGH HORMONAL BALANCE BY EDWIN LEE



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Review

Dr. Edwin Lee has taken the elegant, simplex approach to hormone balance by making a complicated topic easy to understand. His book is a masterful, scientific and artful representation of how to effectively get back energy and vitality in tired, chaotic, stressful times. --Deanna Minich, Ph.D., F.A.C.N., C.N.S. (author of *Chakra Foods for Optimum Health* and *The Complete Handbook to Quantum Healing*)

Dr. Lee's book is insightful and enlightening to those who wish to choose their own path in life regarding health, wellness and the means to achieve a balanced life. His knowledgeable ways of explaining issues to both patients and health care providers is welcomed. I hope to see more books from Dr. Lee. --Sanjay Banerji, M.D., Clinical Professor UCLA Department of Neurology Consultant Neurologist at Good Samaritan Hospital and Saint Vincent's Medical Center, Los Angeles, California

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Dr. Lee is a top-rated Anti-Aging Endocrinologist, and I fully trust him with my patients that are under his care. --Randall Loy, M.D., Board Certified in Reproductive Endocrinology, Obstetrics and Gynecology, Orlando, Florida

With his book, Dr. Lee has given us a very insightful source for understanding what it takes to reverse tiredness. I highly recommend reading his book. --Raul Santos, M.D., Board Certified in Nephrology, Internal Medicine and Anti-Aging, Thomasville, Georgia

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As one of the country's most progressive endocrinologists, Dr. Edwin Lee is a respected proponent and authority on hormonal balance and wellness, and a leader in helping define the future of anti-aging medicine. At his Institute for Hormonal Balance, he treats patients from around the world, while also serving on

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Dr. Edwin Lee's process of reversing tiredness will not only give you more energy and help you feel good, but it will also reduce the effects of aging. "In my practice, the most common complaint I hear is, 'I am so tired, but my primary care doctor says all my blood tests are normal.' My book lets you know what those medical reasons are for always feeling tired, and then explains how to increase your energy level," says Dr. Lee. Also in his book, Dr. Lee addresses the controversies of endocrinology (the medical field of hormones) and the areas of endocrinology that are yet to go mainstream.

As a respected proponent and authority on hormonal balance and wellness, and as a leader in defining the future of regenerative and functional medicine, Dr. Lee has spoken at major medical conferences around the world.

Being board certified in Internal Medicine, Endocrinology, Diabetes, Metabolism (with special courses in Regenerative and Functional Medicine), Dr. Lee knows all sides of the arguments about: adrenal fatigue, the use of T3 treatment in thyroid patients, the use of DHEA, the use of testosterone, the use of progesterone (aside from pregnancy), and the use of growth hormone - to name a few.

Being one of the country's most progressive endocrinologists, Dr. Lee treats patients traveling to his office (The Institute for Hormonal Balance, DrEdwinLee.com) from around the world, while also serving as the assistant professor of Internal Medicine at the University of Central Florida College of Medicine.

In August 2012, Dr. Lee wrote *Your Best Investment: Secrets to a Healthy Body and Mind*. It is also available from Amazon.

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10 of 11 people found the following review helpful.

A Board Certified Internal Medicine Doctor / Colleague review

By Angeli Maun Akey, M.D.

I met Dr. Lee at the Age Management Medicine Group Meeting in Las Vegas in the Fall of 2010 when I heard him speak. He is one of the only board-certified endocrinologists that actually recognizes the effects of

adrenal fatigue on an individual. His lecture style was informative, comprehensive and visionary. I received *Feel Good Look Younger* and read it and was very impressed that he was able to succinctly and simply explain hormone balancing in the context of good lifestyle choices. I am a board-certified internal medicine physician and board-certified in anti-aging and regenerative medicine and have practiced clinical medicine for over 15 years. My residency was in internal medicine at Yale-New Haven Hospital in the early 1990s. So I tend to be skeptical unless the science and data support it. Anti-aging is an emerging field in medicine, to me it's more advanced preventative medicine. I am always looking for reliable tools to help my patients. This book is an excellent teaching tool because it is well referenced and comprehensive without any of the "hype" I sometimes see in the anti-aging literature. Yet, it is accessible to non-medical individuals. Actually, this type of medicine is so forward thinking that many practicing physicians can learn quite a bit from reading it. I purchased some of the books for the office and use it to teach tough concepts, and it facilitates patient understanding which increases compliance. The feedback from my patients thus far has been overwhelmingly positive. Dr. Lee is the next great thought leader in anti-aging and regenerative medicine. He has the vision, as well as the credentials to really set the agenda for further research and protocols in this exciting emerging area in medicine. I feel fortunate to be a colleague and would recommend this book without reservation and look forward to his next one.

Dr. Angeli Maun Akey, M.D.
Gainesville Florida USA

Board Certified in Internal Medicine
Residency Trained at Yale New Haven Hospital

Board Certified in Anti Aging and Regenerative Medicine

Courtesy Clinical Faculty, University of Florida College of Medicine

3 of 3 people found the following review helpful.

Don't wait to read this!

By AprilinLakeland

I wish I had read this five years ago. With a genetic predisposition to hormonal imbalance, and just plain being a female, I had struggled for 15 years with fertility issues. Seeking help from gynecologists and naturopaths, acupuncturists and finally surgeons, my issues persisted. Dr. Lee's book and now his treatment brought balance at last. Additionally, strange symptoms that I had long grown used to were both explained and solved by discovering what fruits and vegetables I consumed every day without knowing I had food intolerance and reactions to them. Don't wait to read this book! If you are trying to have children, are complaining about your cycle, going through the change, or had surgery to deal with female problems, save yourself and feel better by reading this book and seeking treatments that actually work!

2 of 2 people found the following review helpful.

Extend your LIFE

By Dlangdon

I first met Dr Lee at an event in Orlando. I had no idea how that meeting would change my life. I decided to go into his office since I was in town for that afternoon. 5 hours later I left with the most extensive bloodwork, hormone and body/bone density tests I have ever heard about. My complaints were nothing more than the average patient: Sleep disorders, body fat accumulation, tiredness, anxiety, mood swings, etc- I am approaching 50 and it was vehemently clear that ALL of my hormonal imbalances were catching up to me now. Men (especially) really don't want to think about the various hormonal imbalances that affect ALL of us. Mainly Testosterone comes to our minds, but all the other areas that are affected by hormonal imbalances are easier to "balance" than you would think. This has led to improved sleep, energy, loss of weight (mainly

fat),increase in memory... to name a few.

Now, those are all great reasons to read this book AND to see Dr Lee if possible BUT the most amazingly part that happened to me was the fact that even though all of these hormonal discrepancies are now in balance, my main concern was one of the results I got back from my Blood Test: Liver enzymes. Being a "Road Warrior" in sales and doing this for over 25 years, also allowed me to not select the best diet choices. Although my daily "diet" consisted of fairly good choices with no Soda intake, fast foods, etc, my weekly consumption of alcohol had apparently done some damage. Consistently "having a few" cocktails daily for many, many years was NOT what my particular body appreciated. The "Normal" range for your Liver AST Levels ranges from 0-41 w 42 being considered "Abnormal" or HIGH. After my initial blood work w Dr Lee, we found that my levels were at 152 !!. This obviously concerned Dr Lee and told me basically to stop all alcohol and to go onto an immediate Liver Cleanse that he prescribed. There are 2 types of livers: Strong & Weak. A Strong liver is someone who drinks and smokes all their life and at the age of 102, is fine until they naturally die. A weak liver is mine, which is considered "Fatty" and thus unable to process and detoxify the various toxins it needs to remove daily. This ultimately leads to irreparable Liver damage and death. Fortunately, the Liver is the most resilient organ in the body, able to repair and actually reverse damage if caught in time.

So, I went on a (not so) drastic diet change incorporating Organic foods and vegetables and many of the recommended daily regimes that are found in his book. One of those treatments was the introduction of IV Vitamin Therapy. This is a phenomenal way to get up to 70% MORE efficacy of vitamin delivery to the necessary organs than "oral" consumption of pill form vitamins. I did this 2x a week for 4 weeks and also introduced Glutathione which is a super antioxidant for the Liver. Long story short, I had my blood work taken again after doing this for only 5 weeks. My AST Levels went from 152 to 50! Now I am starting my next round of Liver Cleanse (every 90 days) and can't wait to see the next levels. Also, my Cholesterol went from 270 to 170 in that time frame.

Dr Lee was very encouraged by this latest result and basically said if I did not do this, I may have not have been able to even write this success story in a few more years.

Thank you Dr Lee for the incredible information in this book as well as your ongoing testament to hormonal balancing. I owe you!

D Langdon
Huntington Beach, CA

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