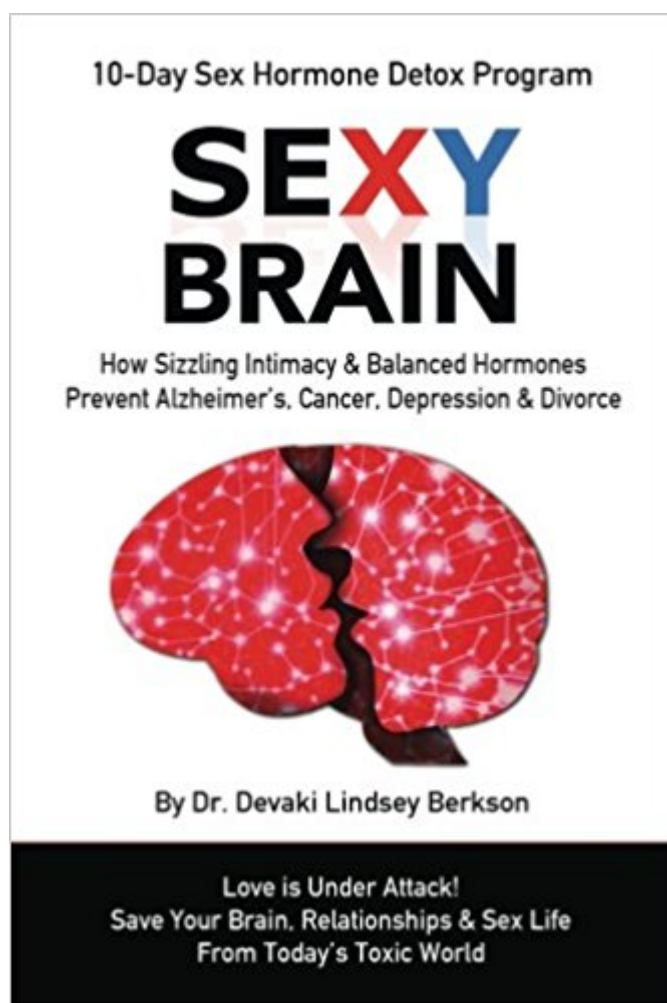


The book was found

Sexy Brain: Sizzling Intimacy & Balanced Hormones Prevent Alzheimerâ€™s, Cancer, Depression & Divorce



Synopsis

Win the battle between our toxic environment and your sex life. Learn exactly how to protect your intimacy, brain and relationships from today's toxic world while learning how to be the best lover ever! SEXY BRAIN is a breakthrough book about a new problem—the looming threat of environmental castration. Just as science is showing that intimacy is as beneficial as veggies and exercise for your health—especially for your brain—today's intimacy is under attack from our toxic environment. Our toxic environment is hijacking our hormones and tamping down our human ability to connect or to benefit from these connections. Just as children are now threatened with diseases that historically only happened to older adults, like type-2 diabetes, sleep apnea, and obesity, younger adults are having more intimacy issues from cuddling to sex. You'll learn why nature designed humans to have pleasure and connection. You'll learn how to make love stay, keep family life stable, and have more amazing intimacy with another human being than you ever thought possible. Berkson wrote one of the first books on endocrine disruption (Hormone Deception, 2000), one of the first books on the mind/gut/nutrition link (Healthy Digestion the Natural Way, 2001) and one of the first books on bioidentical hormones and how they lean on nutrients and the gut (Safe Hormones, 2010). All these books now converge in your bedroom. SEXY BRAIN gives you exact answers about how to protect intimacy, exact steps to be a great lover based on the hard-wired biology of estrogen and testosterone, and the exact cross-talk between intimacy, your gut, and your brain in an easy and entertaining way. Who would have thought that great sex starts in the gut! Learn that the gut is the "motherhood" — not only for physical health, but also for hormone health, including intimacy. Learn about the "microgenderome," which is how your gut bugs and gut wall interact with your hormones (and your desire, ability, and pleasure). Unhealthy guts create unhealthy hormones, no matter how normal the levels of your hormones may appear on any type of testing. Do the 10-day, Sex Hormone Receptor Detox to improve hormone signaling and get the benefit from intimacy that nature intended. Discover the Hormone Language of Love so relationships become less frustrating and more successful. Get the big brain benefits of intimacy when you learn how to have big "O's" with "Awakened Sex." This is a book parents can respectfully gift to their adult kids when they get engaged. This is a 360-degree intimacy manual to understand and achieve in-depth human connection. Know which nutrients are critical for great intimacy. Learn more about oxytocin than even your doctors know.

Book Information

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Customer Reviews

"Dr. Berkson's SEXY BRAIN is a breakthrough book informing the public about a new threat from our toxic environment: environmental castration. Just as we are seeing diseases like type-2 diabetes, sleep apnea, and obesity in our younger adults, conditions that historically were seen only in seniors, we have to now add hormonal imbalance and sexual dysfunction to this list. This book takes our awareness of the effects of our toxic planet to a new level." --Mark Hyman, MD, Author of best-selling book, Eat Fat, Get Thin
"This important book is based on Dr. Devaki Lindsey Berkson's in-depth study of the science behind sexuality, gender expression, and brain power. It's an engaging read and is sure to be controversial." --Patricia Johnson & Mark Michaels, Co-authors: Partners in Passion, Great Sex Made Simple: Tantric Tips to Deepen Intimacy & Heighten Pleasure, and The Essence of Tantric Sexuality
"Dr. Berkson and I have been life long friends. I know she translates excellent science into excellent advice and now she does it surrounding intimacy. A great read." --Alan R. Gaby, M.D., Author of Nutritional Medicine
"I couldn't put this book down. SEXY BRAIN is a must read for anyone searching for a healthier lifestyle. Dr. Berkson writes in a simple yet elegant style. It is impossible for anyone to reach their optimal health or achieve rewarding sex without hormonal balance. Dr. Berkson's book provides all the information needed to understand why hormonal balancing and an active sex life are so important." --David Brownstein, M.D., Author of 12 books, including The Miracle of Natural Hormones and Dr. Brownstein's Natural Way to Health Newsletter
"Dr. Berkson's latest book SEXY BRAIN is her newest masterpiece to add to her impressive list of books. As always, Dr. Berkson picks a topic of current interest, researches it to the finest detail and then compiles her

findings in a logical, scientific, poetic, and easy-to-read format. Compared to other books on the topic, which seem to be little more than R-rated fiction, SEXY BRAIN takes the reader through a scientifically-backed journey into the human brain's role in physical attraction, emotional involvement, and the pleasures of intimacy. And the benefits. Even as a gynecologist, I had no idea that intimacy and lovemaking were so brain protective! This is a must read for any professional who counsels patients or anyone who simply wants to get more out of intimacy and the physical pleasures that life has to offer.

•--Jack Monaco, M.D., Nashville, TN, Gynecologist and Professor of Functional Medicine

• In the first six pages I was already blown away! People are going to love this! What I also appreciate is that this is such a well-written book that parents, with complete peace of mind, can gift it to their young adult kids to learn all the ins and outs of intimacy and how to make marriages last.

•--Carol L. Roberts, M.D., author, Good Medicine: A Return to Common Sense, Naples, Florida

• My sex life with my husband was already great, but after reading Dr. Berkson's book, SEXY BRAIN, our sex life has now climbed to a higher, better level. After doing the exercises in the book, we unleashed the frequency of my orgasms one after the other. Dr. Lindsey's book will not only revolutionize your sex life but it also will change the way you view orgasms as they relate to your health. Her incredible way of incorporating the medical info with the pleasurable side of intimacy provides a provocative read. I would feel good about giving my son this book when he gets engaged.

•--Tanjie Brewer, CEO of the COVE [Community for Women to Achieve Vitality, Health and Style], Chicago, IL

• I could not put it down. I am very, very impressed by how well Berkson writes. Her degree of research and her extraordinary writing style are impressive. This is wonderful work and I regard Berkson as having proven herself to be an authority on this important topic.

•--Bob Steinberg, CEO, Sage Manufacturing, Carmel Valley, CA

• I have read all of Berkson's books, and that's a lot, and I keep them on my shelf as references for female health and nutrition. Berkson's new book combines scholarly facts with humor and insight. Rather than sit on a shelf, it's my new bedside companion!

--Bee Zollo, Hospice RN, Santa Fe, NM

• This work is BRILLIANT. Berkson talking about the gut as it relates to love and sex is really something! I did not know about the connection between testosterone and lungs. You make leaps and jumps that are really fresh, new, and exciting. It is all done with a lot of love and to help people love each other. Your work is really inspired. I don't want to take hormone replacement myself, but it doesn't matter. There is so much else to grab onto.

•--Judith Fein, author of Life is a Trip, The Spoon from Minkowitz, Huffington Post and Psychology Today Blogger, & Ted Talk presenter

• Dr. Berkson, thank you for writing such a fascinating, informative, and easy to understand book. I learned more from your book on how hormones run my life and bedroom

than from years of visits to many doctors' offices from Oklahoma to California. All men and women wanting successful relationships and vibrant brain health should read this book. --Brenda Johnson, Grateful Homemaker, Tulsa, OK "The topic of safe hormones and intimacy is so crucial to overall health, this book deserves to be read by everyone who is concerned about their brain, sex life, and the future health of her children. Dr. Berkson is a nutritional and hormonal visionary who blends science with substance. Now she artfully adds "sex" to that mix." --Ann Louise Gittleman, PhD, CNS, Award Winning New York Times bestselling author of The New Fat Flush Plan

Dr. Devaki Lindsey Berkson is a thought-leader in functional medicine with an emphasis on hormones, nutrition, and the gut. Berkson has been in clinical practice for almost 4 decades. She was a scholar at an estrogen think tank at Tulane University where she worked with the top scientists in the field of hormones and health. For years she has taught relicensing seminars to professionals (MDs, pharmacists, DCs, NDs, and nutritionists). She formulated the first female nutraceutical line for physicians in the U.S. (Metagenics FEM LINE). She and Dr. J. V. Wright hold a patent on bioidentical hormones. She collaborated on one of the first herbal/pharmaceutical drugs. She collaborated and published original research with The University of Texas Medical School at Houston. Berkson is also a fellow of the prestigious medical research institute, the Health Studies Collegium. Berkson consults with people and doctors internationally, combining science-based nutrition and hormonal strategies. She is known for connecting-the-dots of science, informing the public about emerging health issues and then recommending safe, natural answers. She pioneered the concept of green pregnancies and the unappreciated role of hormones and intimacy with the gut.

One of the best informational books i have read and so easy to understand - everyone men and women alike would stand to gain by reading it.It is supported by facts and studies.

I (finally) just received Dr. Berkson's new book-Sexy Brain-yesterday and felt compelled to write a review. I have, over the years, read most if not all of Dr. Berkson's books and they sit on my bookshelf as resources of sound health information. Sexy Brain is a must read for anyone who wants pertinent evidenced based science about, and a road map to intimacy, fun and good health. This book is not to be missed.

Who knew hormones had personalities. Dr. Berkson makes something complicated easy to

understand. A book that invites you to understand why things are as they are which then allows you to say "oh, so that's why these feelings come up". Thank you Dr. Berkson!

Every woman, age 35 and older, needs to read this book. I purchased this book for my 39 year old daughter. Milinda M. Morris, MD, FACOG, NCMP

Full of interesting information -- I couldn't put it down. And to top it off, I emailed Dr. Berkson asking a question about something in the book and she responded in under an hour!

Great read on hormones and it's impact on sex. I learned that food exercise and practice connecting with your partner makes for more fulfilling love life.

Thank you for educating us. *ÀçÂ•Â¼Ã Ä,Ä•ÃçÄ•Ä¼Ã Ä,Ä•ÃçÄ•Ä¼Ã Ä,Ä•* your book. It should be a required book for every couple. Vida

I have been eagerly anticipating Dr Berkson's newest book. She is a researcher extraordinary who pulls all the scientific information available on a topic into a coherent package. She does the work and I get the benefits. Sexy Brain is amazing! Lots of valuable information for non-medical folks like me and also, details down the the molecular level for medical professionals. I look forward to using this book to enhance my life today and improve my life in the future. The table of contents and index are very useful. I highly recommend this book to my friends and family.

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