



This Year, Get "*In the Mood Again*", by Making Just a Few Simple Changes in Your Lifestyle

Use the Power of Healthy Hormones to Reboot Your Sex Life - At Any Age. Book Release This Week!

JACKSONVILLE, Fla. (December 29, 2009) – Surveys report that over 40 million Americans live in a no-sex or low-sex marriage! For those Americans, lovemaking is increasingly infrequent and, on the rare occasion they do have sex, it just isn't as much fun as it used to be. Many people blame their dwindling sex drive on age, stress, weight gain, and fatigue. They are resigned to a sex-less life.

The dynamic husband and wife team Genie James, M.M.Sc. and C.W. Randolph, Jr., M.D. are natural hormone health experts who offer, not only hope, but a solution for such couples with their latest book, ***In the Mood Again: Use the Power of Healthy Hormones to Reboot Your Sex Life – at Any Age*** (A Fireside Paperback Original; January 2010; 978-1-4391-4916-4; \$14.99). ***In the Mood Again*** shares their unique three-step plan that has helped thousands of women and men safely and naturally regain their sexual spark.

For all men out there – they can throw out their Viagra because this book is for them too! Containing separate chapters and advice for men and women, ***In the Mood Again*** tells readers that no matter how old you are or how long it has been since you felt “in the mood,” you can once again enjoy regular, passionate and relationship-enriched sex. Even better, medical research shows that a renewed sex life can become a secret fountain of youth giving you more energy, helping you lose weight, improving your overall health and well being and also contributing to extended longevity.

Genie James and Dr. Randolph have created two natural solutions that can either intersect or stand alone, both approaches beginning and ending with your hormones. The first approach involves replacing the hormones your body is missing with ones just like it used to make. This approach is not accomplished by prescribing previously popular synthetic hormones (such as the brand names Premarin or Prempro) that many recent medical studies have linked to an increased risk of breast, uterine and prostate cancers, heart disease, stroke and dementia. Instead, these experts recommend bioidentical hormone replacement therapies (BHRT), which are plant-derived hormone molecules that are synthesized within a laboratory to have exactly the same molecular structure as the hormones produced by the ovaries or testes. When BHRT is used to restore optimum hormone levels, the human body safely and effectively recognizes and receives them.

For more than a decade, Dr. Randolph has used BHRT to treat thousands of women and men suffering from low libido and/or sexual performance problems. After only 3 months on an individualized prescription of BHRT, 92% of Dr. Randolph's patients report a complete restoration of sexual desire. 99% of all patients indicate they have more energy and 87% say they have lost 10 pounds or more.

If you aren't sure BHRT is for you, Genie James and Dr. Randolph offer an alternative holistic approach to boosting lagging hormone levels. This 3 step program combines a hormone-healthy diet with clinically-tested herbal approach to boosting lagging hormone levels and specific lifestyle choices. It is safe, simple, relatively inexpensive and best of all – it can work for life! ***In the Mood Again*** offers these simple steps along with a weekly shopping list of foods and supplements, and a checklist of lifestyle choices readers can make every day to help transition to a happier and healthier life.

1. **SEXY-HEALTHY EATING:** Change your diet to foods that balance estrogen levels and boost testosterone production. While this plan promotes weight less and a healthier body mass composition, it is not a calorie counting program. It is a lifetime approach to eating your way towards better sex.



2. **HERBAL MEDICINE:** In contrast to bioidentical hormone replacement, herbal medicine takes a more gradual and gentle approach to boosting lagging testosterone levels (the hormone of desire and pleasure) and restoring balance between all sex hormones. It is a centuries-old science using plant-based medicine to increase libido, stamina and pleasure.

3. **EXERCISE:** Regular exercise positively impacts your hormone levels, increases blood flow to your genitals, whittles away those pounds around your middle, shifts that stress off your shoulders, and gives you the confidence and energy you need to get naked and have a great time. Exercise equals more of the hormones you need to want and enjoy more sex.

Including client stories, reader quizzes, and scientific studies to support their program, ***In the Mood Again*** is the definitive guide to helping couples revive their sex life. The side effects of this no-drug, no-porn program? A trimmer body, more positive moods, better health, extended longevity, and happier, closer relationships!

###