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***Hormone Harmony* Named a Finalist in the 2010 Indie Book Awards**

Author Alicia Stanton, MD announces her debut book was a finalist in both the women's issues and health/wellness categories

Glastonbury, Conn. (May 17, 2010) – Alicia Stanton, M.D., announced today her debut book, *Hormone Harmony: How to Balance Insulin, Cortisol, Thyroid, Estrogen, Progesterone and Testosterone to Live Your Best Life*, was named a finalist in two categories – women's issues and health/wellness – in the 2010 Next Generation Indie Book Awards.

"It is such a thrill to see my first book recognized at this caliber," said Dr. Stanton. "It is very rewarding for me that my book has helped so many people. I am honored to be acknowledged among so many other deserving independent authors."

Co-authored with veteran health writer Vera Tweed, and published by Healthy Life Library, *Hormone Harmony* guides women and men on a path toward achieving optimal health as they age by balancing hormones through proper nutrition, lifestyle and environmental changes. Many people know that hormones such as estrogen, progesterone and testosterone naturally decline with age, but not as widely understood is the impact lifestyle choices can have on our hormonal health. In her book, Dr. Stanton outlines the lifestyle changes and treatment options available to restore hormone balance and achieve overall health and wellness.

The Indie Book Awards was established to recognize and honor the most exceptional independently published books in 60 different categories, for the year, and is presented by Independent Book Publishing Professionals Group (www.IBPPG.com) in cooperation with Marilyn Allen of Allen O'Shea Literary Agency. As a finalist, *Hormone Harmony* will be listed on the Indie Book Awards Web site, receive gold award stickers for placement on the books and on www.hormoneharmony.org and listed on materials published for Book Expo America.

Dr. Stanton will be in New York City for Book Expo America May 25-27 and will attend a cocktail reception for finalists and winners at the Plaza Hotel on May 25.

About Dr. Alicia Stanton

Dr. Alicia Stanton practices anti-aging and integrative medicine in the greater Hartford, Conn. -area. Dr. Stanton is Board Certified in Obstetrics and Gynecology, a Fellow of the American College of Obstetrics and Gynecology, a Diplomat of the Board of Anti-Aging Medicine and an Advanced Fellow in Anti-Aging and Regenerative Medicine. Dr. Stanton has a special interest in hormone balance and its effects on menopausal symptoms, weight gain, PMS, energy levels and stress. Her experience also translates well to help manage her male patients and their hormonal issues, including low testosterone, adrenal fatigue and low libido. Her debut book, *Hormone Harmony*, takes a look at how our bodies' hormones work together and the lifestyle factors, such as food choices, environmental toxins, stress and exercise – that can disrupt hormonal balance. For more information, visit www.hormoneharmony.org.

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