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

Author Alicia Stanton, MD announces her debut book was a finalist in the health and well being category

Glastonbury, Conn. (May 20, 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 the health and well being category of the 2010 National Indie Excellence 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 other key hormones. In her book, Dr. Stanton outlines the lifestyle changes and treatment options available to restore hormone balance and achieve overall health and wellness.

The National Indie Excellence Awards (NIEA) are designed to bring recognition to titles from independent publishers. This highly respected and prestigious awards program celebrates excellence in independent publishing. The competition is judged by an independent panel of experts from all areas of the publishing industry. The NIEA accept submissions from independent publishers and authors and awards are granted in more than 100 categories.

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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