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***Hormone Harmony* Named a Finalist in the Best Books 2010 Awards**

Author Alicia Stanton, MD announces her debut book was a finalist in the women's health and aging/50+ categories

Glastonbury, Conn. (November 1, 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 health and aging/50+ – in the "Best Books 2010" Awards, sponsored by USABookNews.com, the premier online magazine and review website for mainstream and independent publishing houses.

"It is such a thrill for me to see all of the national recognition my first book has received," 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 authors."

This isn't the first time *Hormone Harmony* has received such an honor. Earlier in the year, *Hormone Harmony* was named a finalist in the Indie Excellence Awards and the 2010 Next Generation Indie Book Awards.

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.

USABookNews.com is an online publication providing coverage for books from mainstream and independent publishers to the world online community. JPX Media, in Los Angeles, California, is the parent company of USABookNews.com.

A complete list of the winners and finalists of the "Best Books 2010" Awards are available online at <http://www.USABookNews.com>.

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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