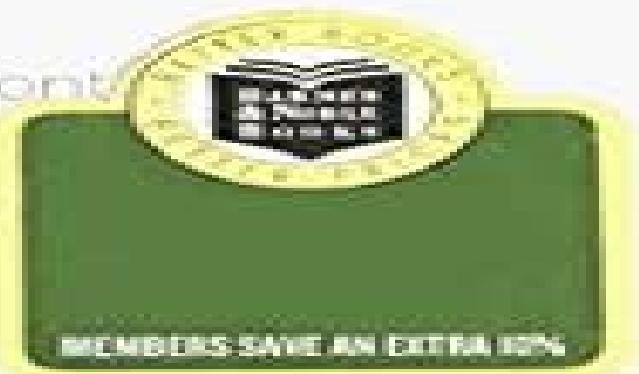


Outsmarting the Midlife



Winning Weight Control
Strategies for Women
Stay Fit Through Menopause



Debra Waterhouse

Outsmarting The Midlife Fat Cell

American Cancer Society

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Outsmarting the Midlife Fat Cell DEBRA. WATHERHOUSE,1998 **Outsmarting the Midlife Fat Cell** Debra Waterhouse,1998 **Outsmarting the Midlife Fat Cell** M.P.H. Waterhouse, R Debra,1999-05-05 Menopausal weight gain is the most stubborn weight gain you ll ever experience says Debra Waterhouse in Outsmarting the Midlife Fat Cell This book follows her bestselling Outsmarting the Female Fat Cell customizing the program for women ages 35 to 55 The book is easy to read makes difficult concepts simple to understand and has helpful checklists to keep you on track Outsmarting the Midlife Fat Cell explains the role of fat cells before and during menopause and why midlife weight gain is such a pervasive problem A woman s 30 billion fat cells get bigger and more stubborn during midlife explains Waterhouse because when they detect a lowered estrogen level they step in to produce more estrogen and get larger as they get more active Dieting doesn t work instead of slimming your body it thins your hair muscles skin bones and thinking To combat these effects Waterhouse explains how to work with your new menopausal physiology to minimize weight gain You learn strategies of attitude exercise eating habits including dealing with cravings food choices and stress management For example exercise at midlife fights fatigue reduces mental sluggishness improves sleep stabilizes moods reduces the severity of hot flashes strengthens bones and reduces the risk of breast cancer and heart disease Outsmarting the Female Fat Cell After Pregnancy Debra Waterhouse,2002-01-16 Every woman s guide to shaping up slimming down and staying sane after the baby Outsmarting the Mother-Daughter Food Trap Debra Waterhouse,2001-04-25 It s sad enough that most of today s moms have spent their adult lives dieting and disliking their bodies but our young daughters are watching and eagerly following in our weight occupied footsteps By age ten 80% are restricting their eating and by the time they reach adolescence the majority have already entered the dangerous world of chronic dieting and body dissatisfaction In Outsmarting the Mother Daughter Food Trap bestselling author and nutritionist Debra Waterhouse show us how to rise above society s pressure for thinness and serve as healthier role models for our daughters thus passing on a new legacy of healthier food and body relationships

The Hormone Survival Guide for Perimenopause Nisha Jackson,2004-05-01 Explaining why women between the ages of 35 and 50 often experience significant changes in mood weight sex drive and general well being due to hormonal imbalances this guide shows women how to regain control of their hormones and their lives and feel good again through natural means Women who have had long standing physical and emotional complaints written off by doctors as normal or genetic are provided with step by step solutions to such hormone related problems as weight gain fibroids sex drive doldrums adult acne depression anxiety irritability chronic fatigue and facial hair Perimenopausal women will be able to regain control of their health by putting together a game plan for renewal including hormone balancing and weight management plans that will help them feel better with dramatic life changing results **Outsmarting Female Fatigue** M.P.H. Waterhouse, R Debra,2002-01-30 Nationally renowned women s health expert Debra Waterhouse is back and this time to help millions of

women feel empowered by life instead of exhausted by it Waterhouse clearly demonstrates why 80% of all women are constantly being deprived of vital energy She reveals eight important keys to recapturing physical emotional and spiritual energy eating right getting enough water staying in shape getting enough sleep awakening your sensuality enjoying nature reducing chaos and rediscovering inner joy With advice that is both practical and compassionate Waterhouse offers a no nonsense biologically based program that works with the realities of a woman s body ***Sudden Menopause*** Debbie DeAngelo,2001-07-17 This book provides answers for women not quite at midlife who undergo menopause brought on by a hysterectomy anorexia chemotherapy or a reaction to medication Topics covered include hot flashes emotional instability osteoporosis prevention and heart disease Each subject is addressed medically and holistically with a thorough description of coping options

Outsmarting the Female Fat Cell Debra Waterhouse,2012-05-08 The first diet and nutrition book designed specifically for women introduces an effective weight loss program for women of all ages and is designed to permanently deactivate the female fat cell ***Fat Wars*** Brad J. King,2001-12-01 Yes it s you against your 30 billion fat cells They stay with you forever and can expand to store as much fat asyou choose to stash in them Fat Wars 45 Days to Transform Your Body isn t another diet book Instead it s the book that will tell you how your body works how it makes energy how it stores fuel fat how it moves fat around and how to get it to burn that fat instead of putting it into storage Then Fat Wars will tell you how to take that knowledge to craft an eating and activity plan that will work for you Instead of engaging in endless losing battles with your wily fat cells find out what makes them tick Then plan to live in harmony with your body and look forward to a leaner fitter and healthier you in 45 days

Quick, Answer Me Before I Forget the Question Lynette Padwa,2007-12-18 Quick Answer me Before I Forget the Question tackles the most nagging and embarrassing questions about midlife in a Q A format packed with essential information and spiked with amusing sidebars The words awaken reinvent and quest will not be found in these pages Instead you ll find out the truth about liposuction and cellulite the timeline for normal memory loss the reason your feet are getting bigger decent alternatives to the words grandma and grandpa and much more A unique and lighthearted take on a daunting subject this is the perfect guide to that undiscovered country middle age Page 4 of cover

Soyfoods Cooking for a Positive Menopause Bryanna Clark Grogan,1999 Evidence suggests that eating soy protein can help reduce the discomfort of menopause and protect against debilitating osteoporosis later in life This book contains the current information on how and why soyfoods work so well in helping women through the menopause and dozens of recipes for soy meals that the whole family can share ***Good Housekeeping*** ,2001 ***Thin Over 40*** Gregory L. Jantz Ph.D.,Anne McMurray,2004-12-07 The simple 12 week plan for getting back the body you had or building the body you always wanted Eliminate the bondage of restrictive dieting and the unrealistic exercise demands of other programs If you re over forty then this week by week positive step approach for increasing your energy reducing pounds and improving vitality is for you and so is the healthful commonsense long term transformation Begin with these five essential

tips 1 Healthy food and eating choices 2 Increased physical movement 3 Nutritional and hormonal support 4 Curative sleep 5 Proper hydration From there day by day step by step Dr Jantz tells you exactly how to begin each day what to eat what physical activities to explore and how to think your way thin This amazing fundamental program is the perfect companion for starting each day on the road toward a healthier thinner tomorrow *Banish Your Belly, Butt & Thighs in 30 Days!*

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