

Outsmarting The Midlife Fat Cell Winning Weight Control Strategies For Women Over 35 To Stay Fit Through Menopause

Offers advice on how to get the right nutrition in one's diet, and includes recipes for low-fat and low-calorie diets

Based on the assessment of hundreds of medical studies, this comprehensive guide shares the diet, recipe, fitness, and supplement plans that will help readers live at the peak of their health potential.

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.

A registered dietitian, nutritionist, and authority on personality typing explains how to use one's personality type to achieve personal dietary and exercise goals, offering advice on how to identify one's personality preference and utilize customized techniques to achieve one's health and fitness goals. Original.

Describes the risk factors for heart disease, recommends lifestyle and diet changes, and discusses antioxidants, B vitamins, minerals, and supplements

More doctors are recommending natural (also called bio-identical) hormones—because they offer all the advantages of synthetic hormone replacement therapy (HRT) without the negative side effects or long-term health risks. Unlike synthetic HRT, natural hormones are bio-identical: they match a woman's own hormones exactly and don't interfere with the body's normal hormone production. They are safer and more effective, providing protective benefits that range from alleviating unpleasant symptoms of menopause, perimenopause, and PMS to protecting against osteoporosis, endometrial cancer, and other diseases. Topics covered include: - What are natural hormones and how do they work? - Why are natural hormones better and safer than synthetic HRT drugs? - Do natural hormones increase the risk for breast cancer? - Can natural hormones control midlife weight gain? - Does natural progesterone help alleviate PMS? - Will natural hormones improve skin? - How to find the right doctor - The latest on the recent NIH study

Do you know that God's passion is for us to enjoy a long healthy life? Yet the general state of health continues to be disturbing. This book answers why people collect lots of health information yet fail to live in optimum health and why many lose weight only to gain it back. Protection is better than Cure conveys the needed revelation: 'The Holy Spirit, as our health mentor empowers us to live in optimum health, so that we may fulfill God's purposes for our lives.' This compelling book puts emphasis on topics like: • God's protection our frontline of defense, • Nutrition the Foundation of Health, • Lifestyle and its effect on health, • Managing a healthy weight and reducing the risks of degenerative diseases Protection is Better than Cure equips you with knowledge and wisdom so that you can make right choices for better health.

Every woman in the world will go through menopause if she lives long enough. Every man in a relationship with a woman will go through it with her, one way or another. This book will help men understand what's going on with their partners, and learn how they can support them to make that mid-life passage easier.

A collection of two hundred healthy recipes for all occasions includes ways to make dishes faster and better, as well as a Recipe Makeover Substitution chart, as well as cooking secrets and tips. 35,000 first printing.

The inside scoop from the Cupid of Beverly Hills, who has brought together countless couples who have gone on to live happily ever after. But for every success story there are ridiculously funny dating disasters with high-maintenance, out-of-touch, impossible to please, dim-witted clients! In Diary of a Beverly Hills Matchmaker, Marla takes her readers for a hilarious romp through her days as an L.A. matchmaker and her daily struggles to keep her self-esteem from imploding in a town where looks are everything and money talks. From juggling the demands her out-of-touch clients to trying her best to meet the capricious demands of an insensitive boss to the ups and downs of her own marriage to a Latin husband who doesn't think that she is 'domestic' enough, Marla writes with charm and self-effacement about the universal struggles that all women face in their lives.

Readers will laugh, cringe, and cry as they journey with her through outrageous stories about the indignities of dating in Los Angeles, dealing with overblown egos, vicariously hobnobbing with celebrities, and navigating the wannabe-land of Beverly Hills. In a city where perfection is almost a prerequisite, even Marla can't help but run for the Botox every once in a while.

An entertaining and informative look at aging addresses a host of common questions about midlife in an easy-to-follow Q-&-A format that furnishes essential facts about such topics as memory loss, money, baldness, plastic surgery, health, and other life experiences. Original.

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.

Introduces a weight-loss program for post-partum women designed to permanently "deactivate" the female fat cell, explains how to boost metabolism by strengthening muscles,

and offers sensible advice on nutrition and exercise.

In *Menopause, Sisterhood, and Tennis*, Wilson-Fried offers the powerful story of one woman's tangled journey through menopause. Based upon her own experience, and steeped in the rich Southern humour of her mother and grandmother, this guide to surviving 'the change' unveils the mystery of menopause, laying bare the physiological, psychological, and emotional transformations menopause brings to women's lives.

Metabolism Jumpstart and Fat Free Cardio were created to raise the heart rate, burn calories, and strengthen and shape the upper and lower body. It's the best way for the body to defy gravity!

Over the years, *Writer's Guide to Book Editors, Publishers, and Literary Agents* has helped thousands of writers just like you get their books published. With the best and most up-to-date listings of key book publishing insiders, *Writer's Guide* gets you past the reject piles and into the hands of the right people. Nowhere else will you find the detail, the insight, the depth. Nowhere else will you find the solid inside information. *Writer's Guide* is your key to book publishing success. It gets you inside. It gets you noticed. Your talent will do the rest. "Beats the pants off *Writer's Market*." --Michael Werner, coauthor of *Databases for Businesses* and *Using Lotus 1-2-3* "This guide started my book publishing career." --Marcos McPeck Villatoro, author of *A Fire in the Earth, They Say That I Am Two*, and *Walking to La Milpa* "The finest lead source that I've ever seen. A must buy for every writer, published or not!" --Derek Savage, author of *The Second Coming* and *The Dancer* "Invaluable information, from query letter to book proposal. This book has made my dreams come true." --Eileen Oster, author of *The Healing Mind* "This book got my foot in the door." --Wynn Goldsmith, writer "A masterpiece. I have never found so much practical information in this type of book before." --Walter Lambert, author of *Healing the Trauma of Divorce* "As a writer and literary agent, this book has been invaluable." --Mary N. Oluonye, O-Squared Literary Agency "Jeff Herman has crammed a generous helping of information and advice into this invaluable book." --Paul Nathan, *Publishers Weekly* ""*Writer's Guide* has eclipsed both *Literary Market Place* and *Writer's Market* as a source of projects for our agency. At least a third of our sales last year came as a result of this book." --Michael Snell, Michael Snell Literary Agency About the Author /Jeff Herman is founder of The Jeff Herman Literary Agency, one of New York's leading agencies for writers. He has sold hundreds of titles and represents dozens of top authors.

Since its original publication in 1993, *The Pause* has become known as the authoritative guide to menopause--a previously overlooked topic of great importance to women. The significant amount of new research on menopause and perimenopause amassed in recent years has led bestselling author Lonnie Barbach to completely revise and update this groundbreaking classic. Important additions include eight entirely new sections on topics such as SERMs (selective estrogen receptor modulators), phytoestrogens, and the impact of menopause on the female immune system. This additional research is combined with new information about menopause and mood, weight gain during menopausal transition, breast cancer survivors taking estrogen, the positive effect of estrogen on dementia and Alzheimer's, and new alternatives to traditional HRT (hormone replacement therapy) for managing hot flashes, improving bone density, and assisting breast cancer survivors. All together, the latest edition of *The Pause* is a must-have resource for any woman facing the "next third" of her life.

Nearly 50 totally new, scrumptious recipes grace the pages of *The American Cancer Society's Healthy Eating Cookbook*, 2nd Edition. Aspiring chefs and amateur cooks alike will discover more than 250 pages of simple and delicious recipes that will turn healthy eating into a celebration of good food. The new edition will provide you and your family with the perfect tools for creating a delectable menu that is as tasty as it is healthy. Inside the cookbook you'll also find an exciting array of recipes from some of your favorite celebrities along with mini-biographies and photos. The 2nd edition of this popular book is chock full of the latest and greatest recipes that will make you look forward to each meal while adhering to a healthier lifestyle.-- More tasty, new recipes-- Celebrity favorites, photos, and essays-- Handy Smart Substitution reference section-- Tips for healthy cooking, smart shopping, using leftovers, and sensible guidelines for eating out

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.

Yes, it's you against your 30 billion fat cells! They stay with you forever and can expand to store as much fat as you 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!

A holistic guide to managing menopause draws on the latest research to provide a customizable plan of nutrition, exercise, and relaxation response techniques that can reduce such symptoms as hot flashes, night sweats, mood swings, and insomnia. Original. 20,000 first printing.

Menopause: New Directions. No two women go through menopause in exactly the same way. One experiences hot flashes that will melt steel; other suffer chills - or one of 50 other possible mental or physical changes. In the past, most women confronted by menopause had two choices: Suffer the symptom (usually in silence), or take a hormone pill. But thanks to the startling findings of the Women's Health Initiative Study, which concluded that the potential health hazards of using Prempro, an estrogen-progesterone, combination, outweighed its benefits, and the subsequent National Toxicology Program's classification of estrogen as a carcinogen, women - and their doctors - have been thrown into turmoil.

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.

200 all-new recipe makeovers. The Queen of easy home cooking serves up more than 200 outrageously good recipes. And they're good for you!

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Includes audio versions, and annual title-author index.

Estrogen is a powerful female hormone that protects women from many health risks. In menopause, estrogen levels decline and its protective qualities decline as well. At the same time, a lifetime of bad habits may begin to catch up with us, and our genetic predispositions to disease begin to surface. All this leads to a plethora of symptoms, some temporary, some chronic and some life-threatening. The Menopause Answer Book allows women to carefully assess their own symptoms and then seek out the information and treatments that will be tailored to their own specific needs: -- Find out if you're at risk for diseases associated with menopause -- Develop your Menopause Action Plan -- Assess the pros and cons of Hormone Replacement Therapy -- Find out what tests to request from your doctor -- Find out how to get the attention and treatment that you need -- Learn about important lifestyle changes to make right now Women dealing with menopause and perimenopause are bombarded with information but often have a hard time figuring out what applies to them and how to choose between conflicting advice. The Menopause Answer Book is the must-have companion to the top-selling menopause books, which are informational but don't help women tailor their treatment.

Women over the age of 40, as they move towards menopause, usually experience an increasing waistline and multiplying fat cells...no matter how much they exercise.

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.

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.

The classic reference guide for book authors has been completely revised and updated with the names and specific areas of interest of thousands of editors at over 500 book publishing houses.

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