

"Outsmarting the Midlife Fat Cell is a wealth of positive, healthy information that can help a woman make menopause what it is: the springtime of the rest of your life."
—Christianne Northrop, M.D.,
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DEBRA WATERHOUSE, M.P.H., R.D.
AUTHOR OF OUTSMARTING THE FEMALE FAT CELL

OUTSMARTING THE MIDLIFE FAT CELL



**WINNING WEIGHT
CONTROL STRATEGIES
FOR WOMEN OVER
35 TO STAY FIT
THROUGH MENOPAUSE**

Outsmarting The Midlife Fat Cell

M.P.H. Waterhouse, R Debra



Outsmarting The Midlife Fat Cell:

Outsmarting the Midlife Fat Cell Debra Waterhouse,1998

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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 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

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 Menopause Answer Book Marsha Lynn Speller,2004-05-01 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 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 **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

Diary of a Beverly Hills Matchmaker Marla Martenson, 2011-07-18 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 **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

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

The Emotional Eater's Repair Manual Julie M. Simon, MA, MBA, LMFT,2012-10-23 Despite our best intentions many of us find ourselves routinely overeating at meals snacking mindlessly or bingeing regularly As emotional eaters we turn to food for comfort soothing distraction and excitement There s a disconnection fueling our eating robbing years from our lives and we know it We re tired of restrictive diets that lead back to overeating and we re ready to try something different Therapist and life coach Julie Simon offers a new approach that addresses the true causes of overeating and weight gain emotional and spiritual hunger and body imbalance The Emotional Eater s Repair Manual presents five self care skills five body balancing principles and five soul care practices that can end overeating and dieting forever You ll learn to nurture yourself without turning to food to correct body and brain imbalances that trigger overeating and to address your soul s hunger Weight loss more energy improved health and self esteem will naturally follow

Mind Over Menopause Leslee Kagan,Herbert Benson,Bruce Kessel,2004-04-13 A groundbreaking mind body program for perimenopause and menopause uses relaxation response techniques nutrition and exercise to manage menopause symptoms

What Your Doctor Won't Tell You about Weight Loss Roberta Foss-Morgan,2004-10 What Your Doctor May Not Tell You About Weight Loss is an invaluable source of information to achieve permanent weight loss and lose inches of fat without liposuction Author Dr Roberta Foss Morgan brings you over twenty years of experience in guiding her patients to lose weight and inches without dieting What Your Doctor May Not Tell You About Weight Loss covers diverse topics including Weight loss secrets that are very easy to implement What to eat to achieve progressive weight loss What to drink How Mesotherapy can eliminate your love handles and other disgraceful fat deposits Why you need a healthy liver to lose fat What Your Doctor May Not Tell You About Weight Loss finally delivers the solution to a healthy and lean body

The New Truth About Menopause Carol Landau,Michele G. Cyr,2003-11 Nearly every month brings alarming new headlines about menopause and hormone therapy leaving millions of women who were taking those hormones or planning to take them unsure of what to do next Even their doctors don t always

know After all for years the medical establishment had been saying that hormones protected women against heart attacks and Alzheimer s disease Now two distinguished leaders in the field have stepped forward to help women make sense of the latest findings Drs Landau and Cyr offer frank expert advice for women who don t know whether to stop or start hormone therapy are at risk for heart disease osteoporosis or breast cancer suffer from disabling hot flashes or mood swings want the facts on safe effective alternatives to hormone treatment From evaluating new research to assessing their risk factors and goals this book helps women go beyond the headlines to take charge of their own well being **Tamilee Webb's Defy Gravity Workout** Tamilee Webb,2005 [A Woman's Guide to Natural Hormones](#) Christine Conrad,2005-12-06 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 **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 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 *Men Surviving Menopause* Paul Selinger,2000-07-17 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

Discover tales of courage and bravery in is empowering ebook, **Outsmarting The Midlife Fat Cell** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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