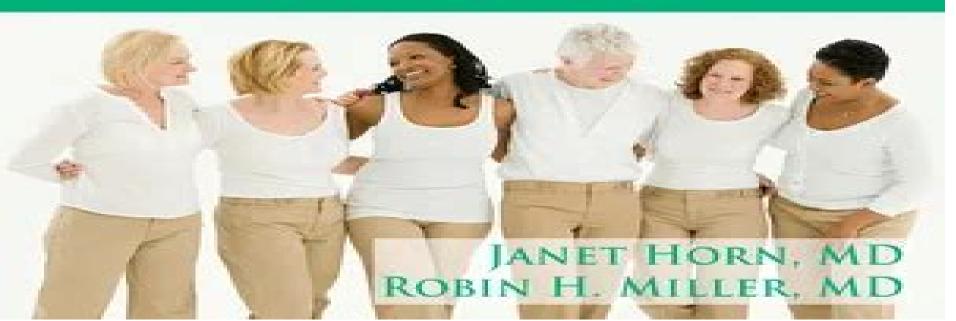
A NO-NONSENSE APPROACH TO STAYING HEALTHY AFTER 50

THE SMART WOMAN'S GUIDE TO MIDLIFE & BEYOND



Smart Womans Guide To Midlife And Beyond

Melinda Folse

Smart Womans Guide To Midlife And Beyond:

The Smart Woman's Guide to Midlife and Beyond Janet Horn, Robin Miller, 2008 Smart women understand that taking care of their health is essential to maintaining an active lifestyle This comprehensive guide shows you how to work with your body instead of against it to stay healthy and happy through menopause and beyond Written by two practicing doctors who have been close girlfriends since they met during medical training at the Johns Hopkins Hospital The Smart Woman's Guide to Midlife and Beyond includes the doctors own personal experiences patient stories from their medical practices and all the information you need to age with good health grace and humor Includes the information you need to Care for your whole body to prevent common diseases Learn which health issues are normal which are serious and what to do about them Overcome memory loss depression and anxiety Understand menopause and hormone replacement therapy Nourish and protect your skin and hair Choose the right vitamin supplements for you Find out whether or not treatments like massage and acupuncture will work for you Know when to share your concerns with your doctor or healthcare practitioner Create a personal Health Maintenance Schedule to keep your health on track The Smart Woman's Guide to Midlife and Beyond is a complete holistic and state of the art road map for any woman who is motivated to become a more effective steward of her health The authors relaxed personal and insightful style makes critical health information accessible This book is a must have for any woman inspired to improve her health trajectory Mark C Pettus MD FACP medical director of the Kripalu Institute for Integrated Healing and author offt s All in Your Head There is no doubt that women past the age of fifty have different health issues than younger women a fact often overlooked by many physicians These women need to know how to care for their maturing bodies Drs Horn and Miller explore the full spectrum of mature women s health issues in a candid conversational manner that integrates the body mind and spirit A much needed book Kevin Soden MD host of Healthline on Retirement Living Television I have often wished that there were a doctor in my family I could ask for health advice If you have shared this desire you ll love this book It s a practical insider s guide to what maturing women need to be thinking about and it s written as though the authors were concerned friends talking with you Drs Horn and Miller have superb training and years of practical experience caring for women patients It shows on every page of this excellent book Judge Glenda Hatchett star of the nationally syndicated television program Judge Hatchett The authors approach is accessible and entertaining These are the doctor girlfriends you want to call because they know everything about the area of your concern not only from their medical practices but also from their own personal experiences Robin Wolaner founder of Parenting magazine and founder and CEO of TeeBeeDee tbd com an online network for people over forty This is the girlfriends guide to taking charge of your health And these girlfriends are doctors A winning combination Ari Brown MD pediatrician and author of Baby 411 The Whole-Body Approach to Osteoporosis R. McCormick, 2009-05-01 In The Whole Body Approach to Osteoporosis nutrition and bone health expert Keith McCormick offers a holistic ten step approach to help readers increase bone density and bone

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now help your grandchildren adjust to their extended family as part of their everyday life through the best care you are able to provide While your new role means that you will likely have to change the way you live the kinship care you provide your grandchildren might make all the difference in the world In The Grandfamily Guidebook which leading medical experts have called a must have resource for grandparents raising grandchildren authors Andrew Adesman MD and Christine Adamec offer expert medical advice helpful insights gleaned from other grandparents and data mined from the 2016 Adesman Grandfamily Study the broadest and most diverse research study of its kind to date You Il also find hands on tips you Il be able to reference whenever you need them including how to cope with difficult birth parents school issues and social life challenges problem behaviors that stem from a difficult past and your own self care Starting with its foreword by the renowned Dr William Sears across this book you will find practical inspiring help as you navigate the financial impacts legal considerations and medical issues that commonly arise when grandparents and grandchildren start becoming a grandfamily

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