

A NO-NONSENSE APPROACH TO  
STAYING HEALTHY AFTER 50

# THE SMART WOMAN'S GUIDE TO MIDLIFE & BEYOND



JANET HORN, MD  
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# 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 of *It 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

flexibility reduce the risk of fracture and engage in more active and healthy lifestyles *Our Bodies, Ourselves* Boston Women's Health Book Collective, Judy Norsigian, 2011-10-04 THE BESTSELLING WOMEN'S HEALTH CLASSIC INFORMING AND INSPIRING WOMEN ACROSS GENERATIONS Hailed by The New York Times as a feminist classic this comprehensive guide to all aspects of women's sexuality and reproductive health including menopause birth control childbirth sexual health sexual orientation gender identity mental health and overall wellbeing changed the women's health movement around the world and remains as important and relevant as ever Providing detailed and empowering information on women's reproductive health and sexuality this latest edition of *Our Bodies Ourselves* shows how to find and access health information and offers additional resources and stories to educate women about health care injustices and inspires them to work collectively to address them Including the latest vital information on Changes in the health care system especially how health care reform affects women and how to get the care you need Safer sex how to engage in pleasurable satisfying sexual experiences while protecting your health and the health of your partner Environmental health risks including minimizing exposure to everyday pollutants that endanger reproductive health Body image resisting negative media stereotypes and embracing healthier approaches to looking and feeling good Local and global activism using social media and organizing tactics to build community and advocate for policies that improve women's lives As well as crucial information about gender identity sexual orientation birth control abortion pregnancy and birth perimenopause and sexuality and sexual health as we age Together with its companion website [OurBodiesOurselves.org](http://OurBodiesOurselves.org) *Our Bodies Ourselves* is a one stop resource that belongs on the bookshelves of women of all ages **Women's Lives** Claire A. Ettaugh, Judith S. Bridges, 2015-07-14 *Women's Lives A Psychological Exploration* 3rd Edition draws on a wealth of the literature to present a rich range of experiences and issues of relevance to girls and women This text offers the unique combination of a chronological approach to gender that is embedded within topical chapters Cutting edge and comprehensive each chapter integrates current material on women differing in age ethnicity social class nationality sexual orientation and ableness The third edition reflects substantial changes in the field while maintaining its empirical focus through engaging writing student activities and critical thinking exercises With over 2 100 new references emphasizing the latest research and theories the authors continue to pique interests in psychology of women **The Grandfamily Guidebook** Andrew Adesman, Christine Adamec, 2018-08-28 Are you one of nearly 3 million grandparents across North America raising your grandchildren as part of a grandfamily You may have done all this parenting stuff before but times have changed since you raised your own kids and you likely never thought you'd be raising kids again What has led to all these family issues and the growing need for grandparents to step up Now more than ever substance use and addiction have made many birth parents simply unfit for the job whether the problem is alcohol opioids or other drugs Family dynamics might also be undermined by parents mental health or medical problems incarceration or a simple lack of preparedness for family responsibilities Whatever the reason for your new role you must

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 ll also find hands on tips you ll 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

*New Books on Women and Feminism* ,2009      **A Vibrant Woman's Guide to Menopause & Beyond** Dr I

Pearson,2025-03-02 *A Vibrant Woman s Guide to Menopause Beyond* is my roadmap to thriving through midlife and beyond Written in a warm engaging style my book covers everything women need to know about navigating menopause with confidence vitality and joy From balancing our hormones nutrition and exercise to managing mood swings sleep issues and weight changes it s packed with science backed advice and real world solutions Beyond our physical health the book explores our emotional well being self confidence sexuality and finding purpose in midlife It also tackles our long term wellness brain health heart disease prevention strong bones and the power of social connection This book empowers women to embrace aging as a time of transformation strength and renewal Whether you re struggling with symptoms or just seeking proactive wellness strategies *A Vibrant Woman s Guide to Menopause Beyond* will help you create a life filled with health happiness and confidence      **New Books on Women, Gender and Feminism** ,2009      *The Lady's Paladin* John

DeLaMater,2019-08-29 *The Lady s Paladin A Policeman s Guide for the American Woman and the Western* \_ inker is interlaced with encouraging helpful information for women of all ages regarding a number of subjects Within its pages women will see their gender from a heightened perspective thereby sensing much greater potential within themselves In this process they will come to better understand menthe fine and decent and most notably those to avoid in any relationship Married or single young or old the reader will be taken behind the scenes in police settings and read accounts of tragic incidents some of which could have been prevented DeLaMater skillfully navigates numerous police cases providing the reader with helpful insight to better help her avoid potential pitfalls for herself and loved ones including potentially harmful relationships His vast police experience will keep the reader on the edge of her seat at times and occasionally bring disgust upon learning of officials who failed society through their arrogance incompetence or impotence At the same time he clearly applauds the dedicated competent and hardworking Beyond heart wrenching accounts of tragic events many in which the

author was personally involved he effortlessly traverses to romantic stories with a touch of humor Unafraid of self criticism he is likely to bring delightful thought and encouragement to the unsuspecting reader She will surely find in him a kindred spirit and a true friend as his respect for women is clearly visible Humility and deep thought emanate from this read as the author adeptly mixes things up a bit to stimulate the mind all to benefit women in relationships with others including their children Finally this work ties together one's present status with great future potential as it introduces a heartwarming destiny for any woman seeking the most of what life has to offer Yes The Lady's Paladin A Policeman's Guide for the American Woman and the Western Thinker is based on both logic and a compilation of facts and evidence It is truly an eye opening work unlike no other

**Jeff Herman's Guide to Book Publishers, Editors & Literary Agents, 28th edition**

Jeff Herman, 2018-10-19 If You Want to Get Published Read This Book Jeff Herman's Guide is the writer's best friend The 28th edition updated for 2019 includes strategies to finding your way through today's field of publishers editors and agents Get the most up to date information on the who's who in publishing The best way to ensure that your book stands out from the crowd is to find the right person to read it In this guidebook Jeff Herman reveals names contact information and personal interests for hundreds of literary agents and editors so you can find the publishing professional who's been waiting for you In addition the comprehensive index makes it easy to search by genre and subject Learn to write a winning pitch This highly respected resource has helped countless authors achieve their highest goals It starts with the perfect pitch You'll learn the language that publishers use and ways to present yourself and your book in the best light Trust the expert that insiders trust Bestselling authors and publishing insiders recognize Jeff Herman's Guide as honest informative and accurate New and veteran writers of both fiction and nonfiction have relied on this no nonsense guidebook for decades Everything you need to know to publish your book is compiled in this one go to resource In Jeff Herman's Guide to Book Publishers Editors Literary Agents you'll find Invaluable information about 245 publishers and imprints Independent book editors who can help make your book publisher friendly Methods for spotting a scam before it's too late Methods to becoming a confident partner in the business of publishing your book This guide is an excellent addition to your collection if you have read Guide to Literary Agents 2019 Writer's Market 2019 or The Essential Guide to Getting Your Book Published

**Midlife Mamas on the Moon**

Sunny Hersh, 2003 A fun inspirational guide to positive choices for women over 40 Packed with useful checklists honest personal stories and no nonsense resources this book has the latest information on health sex and hormones and shows how to transform relationships finances and careers

**Being a Woman--naturally** Jan McBarron, 2015-02-25 Many women

today are seeking to improve their lifestyles while still maintaining a busy schedule involving a career family and social life

This book tells how

**The Complementary and Alternative Medicine Information Source Book** Alan Rees, 2001-03-30

From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending

billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM

**Subject Guide to Books in Print**, 2001      *Forthcoming Books* Rose Arny, 2004      **Riding Through Thick and Thin** Melinda

Folse, 2016-03-01 Many if not most women have been locked in a battle with their bodies for as long as they can remember And when it comes to riding horses they drag their arsenal of self doubt with them every time they step into the saddle Some quit riding completely Others ride but are frustrated by their lack of progress as riders or what they see as poor performance They succumb to silent self torment as they wonder how they look what others think and whether they have any business on the back of a horse if their jeans feel a little too tight Regardless of seat size riding discipline or the degree or even truth of the body issues with which they struggle the scars on female self image in our society run deep and wide So with the humor and big sisterly swagger that readers and reviewers have come to love Melinda Folse author of bestseller *The Smart Woman's Guide to Midlife Horses* has decided to step in with a delightful insightful fulfilling new book *Riding Through Thick and Thin* delves to the bottom of the issues that have long held women hostage bringing together experts research resources and stories to encourage inspire and empower Readers will find some answers that may surprise them Believe it or not this is not about losing weight or getting fit although if that's a point of interest there's a section packed with helpful tools and ideas This book is more about what's going on in every woman's mind and it taps new findings in neuroscience to reveal that permanent change to deeply ingrained body image issues is not only possible but it may be much easier than we think

**The MEND Clinic Guide to Natural Medicine for Menopause and Beyond** Paula Maas, Paula Mass, Susan E. Brown, Nancy Bruning, 1997 Combining the best of traditional medicine alternative therapies and the latest research Dr Paula Maas of the prestigious MEND Clinic offers women a new holistic approach to menopause and aging that can dramatically extend and enrich the postmenopausal years Included in this groundbreaking new guide is Advice on reducing the risk of cardiovascular

disease breast cancer osteoporosis and diabetes How to cope with the common conditions of menopause and aging with self care natural therapies An A Z guide to natural remedies Ways to replace dwindling hormones without using prescription hormones such as estrogen replacement therapy How to enjoy sexuality beyond menopause And much more The perfect complement to conventional care The Mend Clinic Guide to Natural Medicine for Menopause and Beyond invites us to rethink menopause and aging by distilling the facts from the myths and offering women an updated comprehensive approach to this special stage of life      **Library Journal** Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2007 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately      *Career Change* David P. Helfand, 1995 Inside you ll find the stories of career changers who have done just that and have found a new sense of happiness and satisfaction The rewards of a fulfilling worklife are worth pursuing wherever your personal goals may lead you      **One Small Step** Yvonne M. Dolan, 1998 Using case histories and solution focused and Ericksonian therapy techniques Yvonne Dolan offers a fresh approach to post therapy healing for anyone who has worked through issues of being a victim or a survivor of physical sexual or emotional abuse and wants to feel good and embrace life

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Smart Womans Guide To Midlife And Beyond** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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