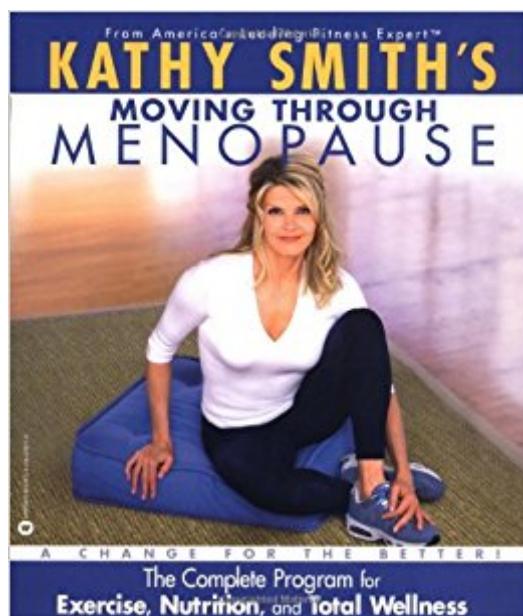


The book was found

Kathy Smith's Moving Through Menopause: The Complete Program For Exercise, Nutrition And Total Wellness



Synopsis

In this effective guide Kathy Smith shares the wisdom she's learned during her own journey through perimenopause. Information is included on losing weight, staying flexible, reducing stress, eating right and balancing your hormones.

Book Information

Paperback: 272 pages

Publisher: Grand Central Publishing (February 1, 2002)

Language: English

ISBN-10: 0446678716

ISBN-13: 978-0446678711

Product Dimensions: 8 x 0.8 x 9.2 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.3 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,219,411 in Books (See Top 100 in Books) #67 in Books > Health, Fitness & Dieting > Women's Health > Menopause #2874 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

Fitness expert Kathy Smith has written a sensitive and smart book about what she calls the "half-time bell," also known as menopause. Using as examples her own hot flashes, raw nerves, restless nights, and memory misfires, Smith outlines an upbeat, trifaceted program for "taking charge of menopause." She addresses the three themes of midlife transition: hormonal symptoms such as mood swings and night sweats; the need to reflect and create a deeper meaning; and long-term health issues, specifically heart disease and bone loss. Each theme is explored using examples from Smith's experience, questionnaires, self-tests, journal writing, and relevant up-to-date information. Smith details dozens of strategies for taking charge--from herbal remedies to hormone replacement, from illustrated strength training workouts to Kegel exercises to keep your sex life active. Her optimistic and sensible suggestions deliver on her promise that menopause can be more than just a set of symptoms. --Barbara Mackoff

I was looking for a book that talked about all of the overall aspects of menopause including diet, sign and symptoms, etc. It turned out to be not much more than an exercise book for menopausal women. Don't get me wrong, good info on the exercise part but not really enpigh on the other parts.

Disappointed.

Very nice thank you

I bought this a long time ago. Seems good, but I never got around to trying it because I've been too busy. I am going to dig it out and finally try it.

Excellent book by outstanding person !

I bought this book to read from someone else that was going through menopause or went through menopause opinion. I really liked the book along with some the exercizes she has in her book..

The authors' have done an excellent job of pointing out the importance of maintaining physical, emotional and spiritual health through this trying time in a woman's life. I particularly liked the suggestions of using herbs as an alternate to hormone therapy. Hormone therapy is an individual affair that should be discussed with one's one physician and there are extreme pros and cons of hormone therapy - it is not for every woman. Herbs, if selecting the right ones in the right amounts can be an alternative but I would suggest readers consult a qualified herbologist first, rather than experimenting themselves. Some herbs, like any medication, do not mix well. This book does contain some helpful exercises and self-assessment tests, though I did not find the tests to be terribly beneficial. The book is complete in that it covers all aspects of a woman's menopausal years; however, my personal preference on this subject is still "The Wisdom of Menopause" by Dr. Christiane Northrup. Kathy Smith's book appears to be written from personal experience, whereby Northrup's is based on qualified medical advice. Readers will need to decide for themselves which avenue they wish to follow, personal experience or medical expertise.

Kathy Smith has always conveyed that a healthy lifestyle includes very few quick fixes. It takes small steps that accumulate to form a healthier body and psyche. Her chapters on exercise are, as always, filled with great pictures and instructions. None of them require that you bend yourself into a pretzel or replicate moves you made in gym class thirty years ago. And her nutrition information is obviously carefully researched. Plus she takes into account "cheating." A kind and gentle approach to menopause from a kind and gentle lady.

[Download to continue reading...](#)

Kathy Smith's Moving Through Menopause: The Complete Program for Exercise, Nutrition and Total Wellness Kathy Gary's Polish Recipes: Complete Set of Kathy's Polish Recipe Books KATHY REICHS CHECKLIST AND SUMMARIES ALL BOOKS AND SERIES : READING LIST, KINDLE CHECKLIST AND STORY SUMMARIES FOR ALL KATHY REICHS FICTION (Ultimate Reading List Book 26) Bob Greene's Total Body Makeover: An Accelerated Program of Exercise and Nutrition f What's Your Menopause Type? The Revolutionary Program to Restore Balance and reduce Discomforts of Menopause Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Kathy Smith's Lift Weights to Lose Weight My Grand Adventure I'm Moving! Adventure Storybook, Children's Packing Guide: & Activity Book (Large 8.5 x 11) Moving Book for Kids in all Departments ... Guides Relocation Books Do it Yourself Moving Therapeutic Exercise (Therapeutic Exercise Moving Toward Function) Taking Control of TMJ: Your Total Wellness Program for Recovering from Temporomandibular Joint Pain, Whiplash, Fibromyalgia, and Related Disorders Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Aerobics Program For Total Well-Being: Exercise, Diet , And Emotional Balance The Aerobics Program for Total Well-Being: Exercise, Diet, Emotional Balance The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013) The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems The Perfect Menopause: 7 Steps to the Best Time of Your Life [THE PERFECT MENOPAUSE: 7 STEPS TO THE BEST TIME OF YOUR LIFE] by Hess, Henry M. (Author) May-01-2008 Paperback A Woman's Guide to Menopause and Perimenopause (Yale University Press Health & Wellness) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Water Fasting For Wellness: How To Start Your Very Own Water Fast For Optimal Health, Wellness and Longevity

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)