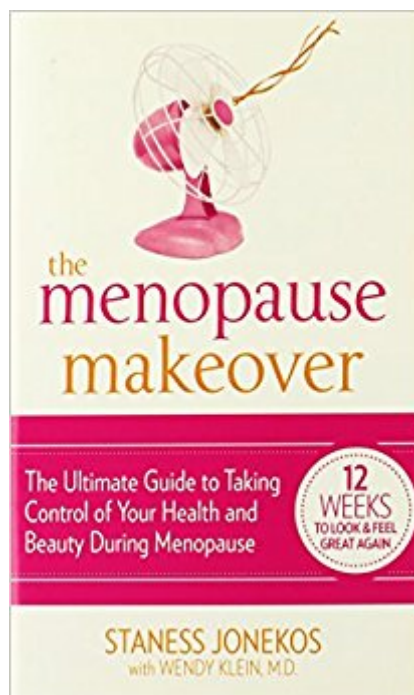




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# The Menopause Makeover: The Ultimate Guide To Taking Control Of Your Health And Beauty During Menopause



## Synopsis

You can feel like yourself again! Hot flashes and sleepless nights? Feeling anxious and irritable? Frustrated with weight gain? It's time for a makeover! a menopause makeover! Based on the latest scientific research, and designed for both pre- and post-menopausal women, The Menopause Makeover is a proven, eight-step program to help you reclaim your health and your life. Evaluate if hormone therapy is right for you. Beat belly bulge with The Menopause Makeover food pyramid and recipes. Tone up and trim down with The Menopause Makeover fitness formula. Boost your libido and learn to love intimacy again. Regain your vibrant, youthful glow with essential beauty tips. Manage stress and get off the mood-swing roller coaster. Stay motivated with self-assessments and tools to track your progress.

## Book Information

Mass Market Paperback: 496 pages

Publisher: Harlequin; Reprint edition (March 20, 2012)

Language: English

ISBN-10: 0373892675

ISBN-13: 978-0373892679

Product Dimensions: 4.2 x 1.3 x 6.6 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (85 customer reviews)

Best Sellers Rank: #195,168 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Women's Health > Menopause #569 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

There is a lot of information in this book. The information here is not new, but it is presented in an organized and fun format. Some may find there is too much information. For non-medical women, this is a great resource, but if you come from a medical background and know about hormones and endocrinology, you will find it over simplified. It's divided into different sections so you can skip around and read the part you are more interested in at the moment. The worksheets are useful and eye-opening. The idea of a 12 week planner is great, but to do that part of it will take some effort on your part, you will have to be committed to writing things down regularly. If you are expecting an easy, quick fix, or a new revelation, this book is not for you. If you want to understand the science

behind what is happening to your body and what you can do about it, this is a great resource. It boils down to the basics: Eat right, exercise regularly and take care of yourself. \*\*\*IMPORTANT\*\*\* I would not recommend buying this book for your Kindle, there are worksheets and "diaries" which you won't be able to fill in and additionally, the charts and graphs cannot be read even when the font on the kindle is enlarged to the largest it can go. If you want to get the most out of this book, get the print version.

What I hoped for from this book was something a bit more comprehensive and less of a breezy "girlfriend's guide" to coping with menopause. The author has found much relief with hormone therapy, and naturally she recommends it for most symptoms beyond mere discomfort, so anyone firmly committed to avoiding that treatment should be forewarned. If up 'til now you've been a cute, carefree babe who basically never gave much thought to your health, psyche or appearance, taking all of it for granted, and you are now unsettled by the changes that come with menopause, then this is probably the ideal guide for you. A lot of it is workbook stuff, where you fill in the blanks to answer questions like "What do you value most in life?" If you are already aware that exercise, dietary fiber and getting enough sleep are good for you and why, many parts of this book will seem overly basic. It's also not clear which parts of this advice pertain directly to menopause. In the diet section, for example, there's a lot of generic nutrition and weight loss advice, some of it pretty dicey. I'm not sure it's true that most of us ought to eat protein "five or six times a day." There's a lot of low-carb diet scripture here, which is OK -- those diets work for a lot of people -- but it also comes with a lot of pseudoscience mumbo jumbo about the glycemic index & etc that has been disproven. More to the point, what about this is specific to menopause rather than just weight-loss plans in general? Are there foods that help moderate hormone swings, or exercise and other lifestyle strategies that might do the same? It's not really clear. If you already know how to eat healthily and exercise to control your weight, but are wondering if there are other adjustments you could make to maximize your comfort during menopause, don't expect to find that sort of information usefully presented here.

I just finished reading this book and can't recommend it enough. It's very readable with easy to reference chapters on specific topics such as hormones, exercise, diet and nutrition, etc. so you can look up whatever subject you're particularly interested in without having to go back and search through the entire book. It's packed with all the latest information about perimenopause and menopause and I appreciated the fact that it includes alternative as well as traditional treatments to relieve symptoms. It also goes a step further than many other books on the topic as it includes

practical lifestyle suggestions to help you look and feel your best. The author's tone is informative, friendly and often humorous (let's face it...this subject could use a little humor.) Unique to this book is the 12 week menopause makeover planner which gives you the tools you need to make positive changes in your life. The author is inspiring and has made me realize it's time to start focusing on my health and well being. I can't wait to start my own menopause makeover.

I've been reviewing books on my website [...] for over 10 years and I am convinced that The Menopause Makeover is the most complete compilation of information that I've seen. So many of the books are complicated when it comes to explaining about hormone therapy or alternative therapy, but Menopause Makeover has everything you need in an easy to understand format and down to earth "woman speak" language. We all know that menopause is not just about hot flashes and Staness gives us the whole picture, backed up with the support of a doctor who "gets it". The last 3rd of the book gives us a great selection of tools such as a planner, a contact list, medical forms, a food plan, shopping list and a meal diary. All in a great package! With this book as a guide through the hormone jungle and the humor of Minnie PauzÃ  Â® you should have the best possible experience as you go through it all.

I read this book over the Christmas (2009) holidays to crib for an online makeover event where a group of us women pledged to follow the plan with the author's help and work with her to blog about our journey to health and happiness by following her 12 week program. The group started up in February 2010 and to date I personally have lost just over 25lbs. I have a few more to go before I start up on a maintenance plan, but I have to say that I haven't felt this good in many, many years. I was in a slump due to an injury and menopause combination and the pounds were packing on and I was at a loss for knowing what to do and where to turn. I was overwhelmed and depressed, and feeling miserable. Nothing I'd done in the past to lose weight was working, and I didn't know what to do other than give up and let menopause swallow me whole. But then I found the Menopause Makeover and turned my life around in just 8 steps and 12 weeks, just as the book promises. The content of the book is extremely well-presented and supported by the latest medical research on menopause and is full of helpful suggestions and coping strategies, from dealing with hot flashes, relationships, eating plans, emotional changes and beauty tips, and the author even has a website with downloads to help you calculate your BMI, caloric intake and much much more. There's a newsletter to help you keep in touch and motivated, and testimonials to help you stay focused. It couldn't be ANY easier to regain your sense of wellness and self esteem during this amazing

transition and do it gracefully while feeling great about yourself!! can't recommend this book enough, it worked for me and it can certainly work for you!!

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