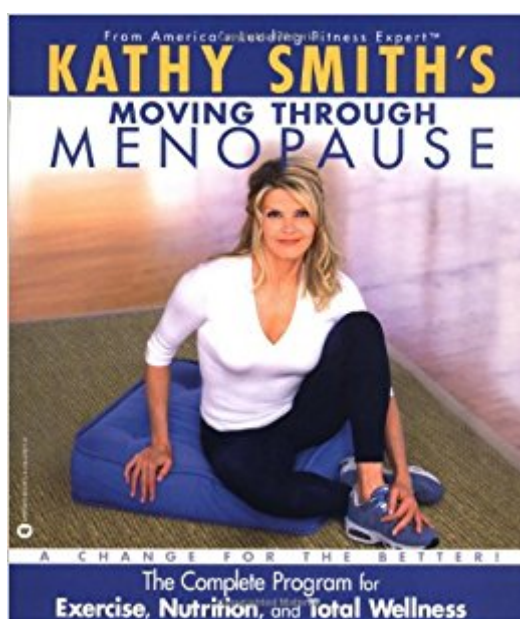


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# Kathy Smith's Moving Through Menopause: The Complete Program For Exercise, Nutrition And Total Wellness



## 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

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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.

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