

Take Charge of Your Health

WHEN YOU
Think
YOU ARE
FALLING APART

*Dispatches from
the Frontlines
of Medicine*

*Health for
Midlife
Women*



Kathleen W. Wilson, M.D.

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Frontlines of Medicine*

**WHEN YOU THINK
YOU ARE FALLING APART**

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Health For Midlife Women When You Think You Are Falling Apart

Holly L. Thacker, Holly Thacker



Health For Midlife Women When You Think You Are Falling Apart:

When You Think You are Falling Apart Kathleen W. Wilson, 2004 **The Midlife Health Guide for Women** Chris G. Rao M.D., 2010-11-10 Have you been trying hard but can't lose or keep off the weight Is your sex drive stuck in neutral Energy in the gutter What's the truth about bio identical hormonal replacements in women before and after menopause The MidLife Health Guide for Women addresses these and many other common concerns of middle aged women IBS addictions mood concerns breast health birth control and more It's all covered here Be proactive about your number one commodity your health MidLife is the time to do it In his companion to The Midlife Health Guide for Men Chris Rao MD explains cutting edge methods to obtain optimal health through his integrative approaches It's all about Pro Aging and Pro Health Follow three women our Maggies in various stages of midlife their thirties forties and fifties Laugh cry and be enlightened as they share their health concerns and journey to optimal health You will be the better for it Dr Rao covers all the facts and options on Diets Learn the secret behind finally losing the fat Avoid the crash and burn phenomena Exercise Learn how to exercise intelligently increase your energy and metabolism Supplements Confused Discover the truth about which ones do you the most good Toxins and Heavy Metal What you and your doctor don't know can hurt you Testosterone Menopause Thyroid HGH and all hormonal options Are they safe and effective for your situation Ladies get back in the groove **Dispatches from the Frontlines of Medicine:** Kathleen W. Wilson, 2004-10 Readers are empowered by understanding their changing bodies From cosmetic surgery to hormone therapy concerns midlife women have Presented in a clear interesting way **Women's Health** Holly L. Thacker, Holly Thacker, 2007 If you're careening through midlife in crisis mode this book will help you feel more confident about the changes that are occurring Women's Health Your Body Your Hormones Your Choices is a compassionate practical guide that gently reminds women that midlife is not only a time of change but also a time of great freedom Full of insightful information this Cleveland Clinic Guide provides peace of mind and helps women regain control of their personal health during midlife Here's the truth about hormone therapy as well as other safe and effective methods for finding wellness You'll learn about How to stop hot flashes and get a good night's sleep The facts about vitamins supplements and antidepressants Using diet and exercise to boost energy The basics of good bone health Preventing cancer and heart disease How to recharge your sex life Book jacket *New Books on Women and Feminism*, 2005 *Power Surge* ♀ *Balancing Midlife: A Guide to living our best life* Dr. Tracey Redwood, 2025-05-13 How can we thrive in midlife whether married or single especially while caring for children and families How do we juggle work home life and personal time Power Surge Balancing Midlife is an insightful and empowering blend of personal anecdotes relatable experiences and compelling scientific evidence It explores the unique journey of women in midlife emphasising the significance of prioritising physical mental and spiritual well being to navigate this transformative phase Midlife can be both a challenge and an opportunity for renewal whether it emerges gradually or hits suddenly This inevitable stage allows for deep reflection on life's meaning

happiness and fulfilment Each chapter begins with an inspirational quote and offers actionable strategies to help women find meaning and direction Practical tools and exercises are provided to encourage readers to take small everyday steps forward Written in a warm conversational tone Power Surge Balancing Midlife blends scientific insights with recommendations for further reading It inspires women to face life's challenges with courage embrace their unique wisdom and discover their individual life purposes A practical guide it's a trusted companion for women seeking balance and fulfilment at this pivotal stage of life

Unbreakable Vonda Wright, MD, 2025-08-26 Stronger muscles and bones increased mobility lifelong independence and a new mentality for aging with power this cutting edge guide to nutrition training and lifestyle will optimize a woman's body for longevity through menopause and beyond Building muscle and bone are what I like to call my nursing home avoidance plan There is no better mentor in this important work than Dr Vonda Wright Mary Claire Haver MD 1 New York Times bestselling author of The New Menopause Strong skeletal muscle drives healthy longevity yet too often women in particular neglect this important measure of fitness Indeed more than 70% of women experience musculoskeletal symptoms like joint pain muscle loss and reduced bone density as they enter perimenopause and menopause These symptoms what Dr Vonda Wright refers to as the musculoskeletal syndrome of menopause can often set us up for osteoporosis osteopenia broken bones increasingly limited mobility and reduced independence later in life That trend stops now Unbreakable outlines a new and direct path to protecting ourselves against this too common fate Drawing on her decades of experience as a pioneering orthopedic surgeon helping women at all fitness levels to repair their bones and regain strength Dr Wright gives clear action steps to shield us from the timebombs of aging in four critical categories Exercise Pinpointing the right combination of cardio and resistance training for you to aid in tissue regeneration and improve metabolic function Nutrition What to eat to extinguish inflammation repopulate your gut biome and support strong bones and muscle growth Lifestyle How to manage chronic stress get more restorative sleep and turn down systemic inflammation in your daily life Supplements What to take to target the elimination of zombie cells and improve your cell function Including a six week master exercise protocol to jumpstart skeletal and muscular strength critical information about baseline blood and mobility tests that will help you understand your current health state and twenty easy anti-inflammatory recipes Unbreakable is an invaluable guide to adding more vibrantly healthy life to your years

The Menopause Moment Kelly Casperson M.D., 2025-09-16 What if everything you've been told about midlife and menopause is wrong For too long women have been fed fear and confusion about hormones aging and what it means to navigate midlife The result is a generation of women left guessing about their own bodies misinformed by outdated science and held back by myths that serve no one This book is not here to tell you what to do it's here to give you the knowledge to decide for yourself because women like you are smart You'll learn the truth about what happens to your body in midlife how hormones actually work without the hype or fearmongering and evidence based strategies to feel your best and the power to live life on your terms in health and with science backed

strategies for your longevity Midlife isn't an ending It's an evolution And when you understand what's happening in your body you can step into this next chapter with confidence clarity and power Are you ready to take back the narrative

Midlife Bites Jen Mann, 2022-01-04 A smart personal darkly funny examination of what it's like to be a woman at the crossroads of a midlife crisis from the New York Times bestselling author of *People I Want to Punch in the Throat* I inhaled this book in one sitting it's a must read for anyone over forty This should become the gift all girlfriends give one another Zibby Owens host of the award winning podcast *Moms Don't Have Time to Read Books* Jen Mann had what appeared to be the perfect life a successful career as a bestselling author and award winning blogger a devoted husband teenage kids who weren't total jerks and a badass minivan So imagine her surprise when at forty seven years old a midlife crisis kicked her straight in the ladybits *Midlife Bites* offers Jen's trademark wit and honesty when it comes to important conversations and observations about women in midlife Here readers will be able to come together and find anecdotes and practical ideas to help navigate through this major point in their lives For women who may feel isolated or overlooked this collection of original essays offers valuable insights takeaways and most important a productive way forward Jen shares her own story as well as advice and wisdom from the online community she built tackling everything that bites about midlife where nothing is off limits raging hormones sex after forty finding your purpose learning to make new friends yes even as a grown up moving out of your comfort zone having conversations that count no more small talk and how to deal with rogue chin hairs and other nuisances Jen Mann is leading the movement to create a new space where middle aged women can share openly and honestly with one another This no BS collection of essays will help start the conversation and keep it going because as women we all have a right to be happy fulfilled and whole no matter what stage of life

The Big Book of Hormones Siloam Editors, 2015 End the hormone roller coaster ride for good Women want to look younger and live longer have more vibrant and balanced lives all while making it happen like superwoman Using the wealth of resources from Siloam's most popular health writers including Janet Maccaro Don Colbert Reginald Cherry Cherie Calbom and Scott Farhart *The Big Book of Hormones* gives readers a comprehensive book on women's hormone health that covers topics such as anti aging weight loss natural health supplements vitamins superfoods smoothies and juices stress management and more Women will learn How to identify hormone imbalances When to go to the doctor The best protocols for restoration weight loss sleep memory recall regulating mood swings and preventing other diseases related to hormone depletion such as heart disease osteoporosis certain cancers and more

A Vibrant Woman's Guide to Menopause & Beyond Dr I Pearson, 2025-03-02 My insights on thriving through midlife and beyond I cover everything you 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 and written in a warm engaging style Beyond our physical health I explore our emotional well being self confidence sexuality and finding purpose in midlife I also tackle our

long term wellness brain health heart disease prevention strong bones and the power of social connection Whether you're struggling with symptoms or just seeking proactive wellness strategies my book will help you create a life filled with health happiness and confidence

The Hormone Shift Tasneem Bhatia, MD, 2025-09-09 A manual to help us understand how we can best care for ourselves The Hormone Shift outlines the information about our bodies that all women should have access to long before they reach perimenopause Gwyneth Paltrow The goop hormone authority offers an empowering new approach to taking charge of hormone shifts through every stage of life especially menopause When hormonal highs lows twists and turns feel overwhelming Dr Tasneem Bhatia can offer a road map and a whole new perspective As an MD with an East meets West approach to women's health Dr Tasneem known as Dr Taz combines the wisdom of Eastern modalities like Ayurveda and traditional Chinese medicine with modern medical treatments for whole body wellness To Dr Taz menopause is not an ending a woman's entire life is a spectrum of ever shifting hormones and menopause is just one point along that spectrum And hormone levels are a fluid continuum that you have a lot of control over through your diet how you sleep how you manage stress and more In *The Hormone Shift* Dr Taz breaks down exactly what is happening behind the scenes in a woman's body throughout her life and how almost every aspect of health is connected to hormones from metabolism to mental health She explains how to prepare for whatever is coming next and offers a customizable Thirty Day Hormone Reset plan that uses a combination of Eastern and Western healing modalities to keep the body in balance and deliver a targeted strategy for minimizing unwanted symptoms at every stage

Further Along The Road Less Travelled M. Scott Peck, 2010-05-13 The original *The Road Less Travelled* spent more than ten years on the bestseller lists and is one of the biggest selling self help books of all time In this wonderfully wise and accessible sequel M Scott Peck delves more deeply into the issues that confront and challenge all of us in the modern world blame and forgiveness sexuality and spirituality death and the meaning of life families and relationships accepting responsibility and growing up Writing throughout with insight and sensitivity he draws on his own extensive experience both professional and personal to challenge false assumptions suggest a way forward and demonstrate that personal change is always possible no matter how difficult and complex the journey

The Strong Women's Guide to Total Health Miriam Nelson, Jennifer Ackerman, 2010-04-13 This practical and interactive guide shows women how to optimize their potential for health and well being through in depth information self assessment quizzes and checklists to determine individual risk factors for common ailments and more serious diseases Dr Miriam Nelson shares the preventative measures that can be taken now to avoid such health problems down the road From sexual and reproductive health to beauty heart health emotional well being bone and muscle health and weight control *The Strong Women's Guide to Total Health* offers a complete picture of the broad spectrum of issues that impact overall health It is essential reading for women of all ages

Books In Print 2004-2005 Ed Bowker Staff, Staff Bowker, Ed, 2004

Prime Time Marilyn Hughes Gaston, Gayle K. Porter, 2003 Today seven million African

American women are living in their prime experiencing the joys and challenges of middle age Now at last here is the book that addresses our total health needs physical emotional and spiritual Written by a distinguished physician and a clinical psychologist Prime Time is the first complete guide that empowers us to take charge of our lives and attain the well being we deserve In many ways it's true that we are better off today than our foremothers were We earn more money command more respect Yet in spite of these advances we still experience more chronic health problems endure more stress and live shorter lives than women of other races That's why Prime Time is both urgent and essential This groundbreaking book not only lays out a detailed practical plan for overall healing and for maintaining wellness it also addresses the underlying attitudes and assumptions that lead so many of us to neglect ourselves and undermine our own health Prime Time will help you Reframe priorities to put yourself and your own health needs first Interpret the latest medical findings on the Big Four killers and how they affect black women in middle age Profile your current health with worksheets quizzes and assessment tools Renew sex at midlife by eliminating restricting myths and taboos and finding new paths to pleasure Reduce anger and attitude that block you from attaining good health Identify the nontraditional signs of depression and anxiety common to African American women Comprehensive straight talking and grounded in science and spiritual truth Prime Time is at once a guide to total health in middle age and a celebration of the strength wisdom and beauty of African American women in their second half of life

Further Along the Road Less Traveled M. Scott Peck, 1993 A compilation of a series of lectures given by the author in relation to his book The road less traveled

Working With Emotional Intelligence Daniel Goleman, 2011-12-07 Do you have what it takes to succeed in your career The secret of success is not what they taught you in school What matters most is not IQ not a business school degree not even technical know how or years of expertise The single most important factor in job performance and advancement is emotional intelligence Emotional intelligence is actually a set of skills that anyone can acquire and in this practical guide Daniel Goleman identifies them explains their importance and shows how they can be fostered For leaders emotional intelligence is almost 90 percent of what sets stars apart from the mediocre As Goleman documents it's the essential ingredient for reaching and staying at the top in any field even in high tech careers And organizations that learn to operate in emotionally intelligent ways are the companies that will remain vital and dynamic in the competitive marketplace of today and the future

The Everything Guide Niki Bezzant, 2024-04-02 Feel your best for the rest of your life The essential new book from bestselling health writer and trusted menopause advocate Niki Bezzant author of This Changes Everything In The Everything Guide Niki brings together her decades of research and writing about food exercise and personal health with the very latest evidence based expert advice in an informative practical easy to read and always honest must have manual for every woman in midlife and beyond Niki re frames ageing for a new generation tackling body image struggles mental health challenges feeling lost in midlife and re connecting with ourselves during a time of hormonal transition The book is also packed with easy to follow practical advice on eating movement stress energy sleep and

more With no fads and no bullshit this is an inspiring guide full of long term strategies for feeling great in your body and mind The Everything Guide really does contain everything every woman needs to feel great now and for the decades to come Includes Loving the skin you're in What's going on in a midlife body How to move Changing how we think about food But what shall I eat The thing about weight Disordered eating a midlife trap Filling your cup stress energy fatigue and mood Sexuality intimacy and desire On the outside aesthetic stuff Clothing and style On the inside finding yourself and finding the joy

Women's Guide to Navigating Midlife Dr. Pratiksha Prashant, The woman you once were no longer feels familiar something deep within has shifted and what used to feel normal before now seems dull Your emotions are scattered your body is changing and your relationships are evolving rapidly Alongside if the search for meaning and purpose feels more urgent than ever midlife is likely calling for women in their forties and fifties Though challenging this phase offers an opportunity for profound growth and transformation This book serves as a compassionate guide for women navigating the emotional physical and mental shifts of midlife If you've ever felt alone in your struggles or unsure how to embrace these changes you'll find understanding and support here Through insightful advice and personal reflections this book will encourage you to acknowledge accept and thrive through this transformative stage of life Aging is a gift a privilege denied to many yet one we often overlook in the rush of life Together we can learn to appreciate and welcome it finding beauty strength and wisdom in every stage of the journey

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