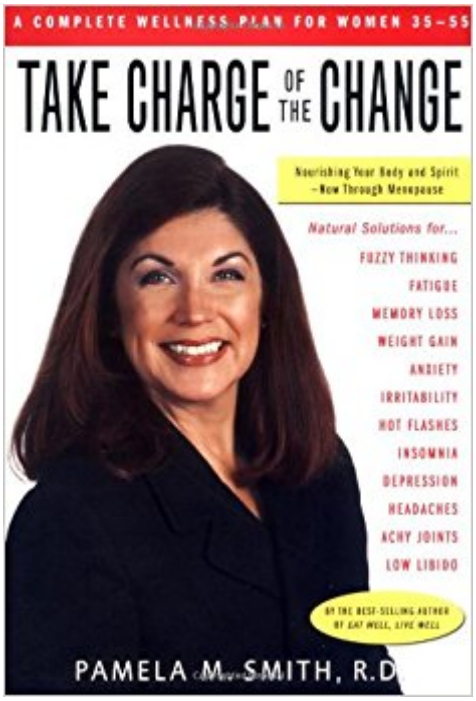
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Take Charge Of The Change



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Synopsis

Menopause is not the end of your lifeÃ¢â ¬â •itÃ¢â ¬â„¢s a chance for a new beginning. ItÃ¢â ¬â„¢s an opportunity to discover and redefine who you are and how you want to live your life. Take Charge of the Change shows how you can fuel your body, your spirit, your emotions, and your relationships during this time of change. This practical resource offers ways to:Ã Â Recognize the role hormones play in your symptoms and find solutions that are medically sound and personally satisfying.Ã Â Minimize the problems associated with menopause: weight gain, fatigue, irritability, insomnia, depression, hot flashes, mood swings, loss of libido, fuzzy thinking, and more.Ã Â Sort through conflicting medical information and make informed decisions about treatments, including hormone replacement therapy.Ã Â Create a balanced lifestyle through a twelve-week plan that covers not only nutrition and exercise, but emotional and spiritual growth as well. From break-through research regarding brain function and body chemistry to a step-by-step plan built around nutrition, exercise, emotional and spiritual care, Take Charge of the Change will empower you to become more fit, more energetic, and more excited about being a woman, no matter what your age.

Book Information

Hardcover: 304 pages
Publisher: Zondervan; English Language edition (January 1, 2003)
Language: English
ISBN-10: 0310242185
ISBN-13: 978-0310242185
Product Dimensions: 6.1 x 1 x 9.3 inches
Shipping Weight: 1.2 pounds
Average Customer Review: 4.7 out of 5 stars 5 customer reviews
Best Sellers Rank: #848,506 in Books (See Top 100 in Books) #46 inÃ Â Books > Health, Fitness & Dieting > Women's Health > Menopause #2063 inÃ Â Books > Health, Fitness & Dieting > Women's Health > General #2986 inÃ Â Books > Christian Books & Bibles > Christian Living > Women's Issues

Customer Reviews

Menopause is not the end of your life—it’s a chance for a new beginning. It’s an opportunity to discover and redefine who you are and how you want to live your life. Take Charge of the Change shows how you can fuel your body, your spirit, your emotions, and your relationships

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Pamela M. Smith, R.D., is the author of several bestselling books, including Eat Well, Live Well; food for Life; and The Energy Edge. A sought-after national expert on women's health, she is also a leader in the wellness movement and a popular speaker and media guest. Pam's daily radio tips for Living Well are broadcast across North America and in seven foreign countries. Through her work with nationally famous sports figures such as Shaquille O'Neal and sports organizations such as the Orlando Magic, the WNBA, and the PGA, Pam Smith has earned a place as one of America's most trusted nutritionists.

This book explains in plain English what to expect as our bodies begin to go through menopause. It was the first book I'd seen that actually discussed the pre-menopausal period of life for those of us who hadn't quite reached 50 yet, but were experiencing the symptoms listed. I also found the suggestions to be reasonable and not outlandish. Some other books I'd read previously recommended cures and concoctions that had ingredients not readily available in most grocery stores. The recipes included here were reasonable and things I wouldn't mind eating.

Great information not made known to me from gynecologist or any doctor before. Good advice to help with hormones!

I first heard the author speak on a radio program and was pleased to find the book was as interesting as her talk. Most of us women know what symptoms to expect when we reach menopause but we do not know why they happen. The author's explanations are easy enough for

any lay person to understand because they are not written in medical terminology. Our library patrons agree this is a MUST READ for any woman, even if she is not near the age of menopause. You will better understand the way your body has been created as well as learn ways to help make this transition in your life as easy as possible.

This is a FANTASTIC book. I have looked for almost 10 years for answers as to why I developed migraine headaches. I asked my family doctor, gyn, neurologist. None came with any answers. I just knew there was an answer (and maybe a simple one!) out there to help. Well-here it is. This book explains the whole hormone "mystery." It explains IT ALL and WHAT TO DO! and simply. She also is a Christian. (yipee!) You will be so happy to have found this helpful, enlightening, info.

Awesome book. Really helped put things in perspective. The diet changes are helping greatly! Highly recommend this book to anyone in this phase of their life.

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