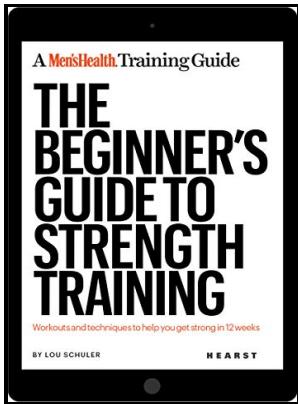


Smart womans guide to midlife and beyond - a no-nonsense approach to staying healthy after 50

New Harbinger Publications - The Smart Woman's Guide to Midlife and Beyond on Apple Books



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Notes: Includes bibliographical references.

This edition was published in 2008



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The Smart Woman's Guide to Midlife and Beyond: A No Nonsense Approach to Staying Healthy After 50 by Janet Horn (Paperback, 2008) for sale online

This heart-health booster is something we don't think about, and yet there it is, right in front of our noses. Owing to their professional expertise, the authors are well qualified to give scientifically-based medical information that is understandable, current, and useful.

The smart woman's guide to midlife and beyond : a no

Horn has authored many medical journal articles and several medical textbook chapters. This book is a must-have for any woman inspired to improve her health trajectory. Includes bibliographical references How to keep your memory vivid and stay stroke-free -- How to keep your sight, hearing, and balance intact -- How to keep your heart healthy and happy -- Your lungs: how to breathe easier -- How to keep your GI tract on track -- How to take care of your uterus now that you don't need it -- The urinary tract: how to stay dry on the outside -- Muscles, joints, and bones: how to keep moving and grooving -- How to keep your skin moist, smooth, and firm -- Menopause and hormones: how to stay cool if you are one hot mama -- Fitness and food: keep your BMI fine, learn to dine, and avoid the jiggle in your waistline -- Common cancers in women over fifty: how to survive and thrive -- Vitamins and nutrients: how to supplement wisely -- Complementary and alternative CAM therapies: how to complement wisely -- Putting it all together: how to enjoy being a twenty-first-century woman Access-restricted-item true Addeddate 2014-02-12 16:06:33.

The Smart Woman's Guide to Midlife and Beyond: A No Nonsense Approach to Staying Healthy After 50 by Janet Horn

This comprehensive guide shows you how to work with your body instead of against it to stay healthy and happy through menopause and beyond. After that, as established in the agreement, the John Hancock name will no longer be used in connection with work on obesity prevention at the Friedman. They help us to know which pages are the most and least popular and see how visitors move around the site.

The Smart Woman's Guide to Midlife and Beyond

For many years, she was a full-time faculty member at the Johns Hopkins University School of Medicine. She is founder and medical director of Triune Integrative Medicine, an innovative medical clinic in Medford, OR. Owing to their professional expertise, the authors are well qualified to give scientifically-based medical information that is understandable, current, and useful.

the smart womans guide to midlife and beyond a no nonsense approach to staying healthy after 50

Currently, she divides her time between medical writing and practicing medicine at the Shepherd's Clinic, which serves the uninsured.

The Smart Woman's Guide to Midlife and Beyond, by Janet Horn, MD, and Robin H. Miller, MD

All of this takes away from patient care.

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