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Outsmarting The Midlife Fat Cell

Outsmarting the Midlife Fat Cell

explains the role of fat cells

before and during menopause

and why midlife weight gain is

such a pervasive problem. A

woman's 30 billion fat cells get

bigger and "more stubborn"

during midlife, explains

Waterhouse, because when they

detect a lowered estrogen level,

they step in to produce more

estrogen and get larger as they

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Outsmarting the Midlife Fat Cell:
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most stubborn weight gain you'll
ever experience," says Debra
Waterhouse in Outsmarting the
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Female Fat Cell, customizing the program for women ages 35 to 55.

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Outsmarting The Midlife Fat Cell
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In Outsmarting the Midlife Fat
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Waterhouse has tailored her groundbreaking weight control program for women ages 35 to 55--those in perimenopause and menopause-- for maximum weight control and fitness.

Outsmarting the Midlife Fat Cell:...

book by Debra Waterhouse

1. Exercise. How much? 60 minutes of aerobic exercise four times a week at moderate intensity. It will limit the amount...

2. Modify Your Eating Habits : Eat frequently. Eating five or more times a day provides a steady and dependable source... 3.

Manage Stress: Take time for yourself, put up a "Do ...

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Outsmarting the Midlife Fat Cell explains the role of fat cells before and during menopause and why midlife weight gain is such a pervasive problem. A woman's 30 billion fat cells get bigger and "more stubborn" during midlife, explains Waterhouse, because when they detect a lowered estrogen level, they step in to produce more estrogen and get larger as they get more active.

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Waterhouse, author of
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is going to give it to you straight:

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Your body changes at midlife. But she also doesn't think women should throw up their hands in the face of menopause.

Menopause

Outsmart the midlife fat cell with Debra Waterhouse's plan ...

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