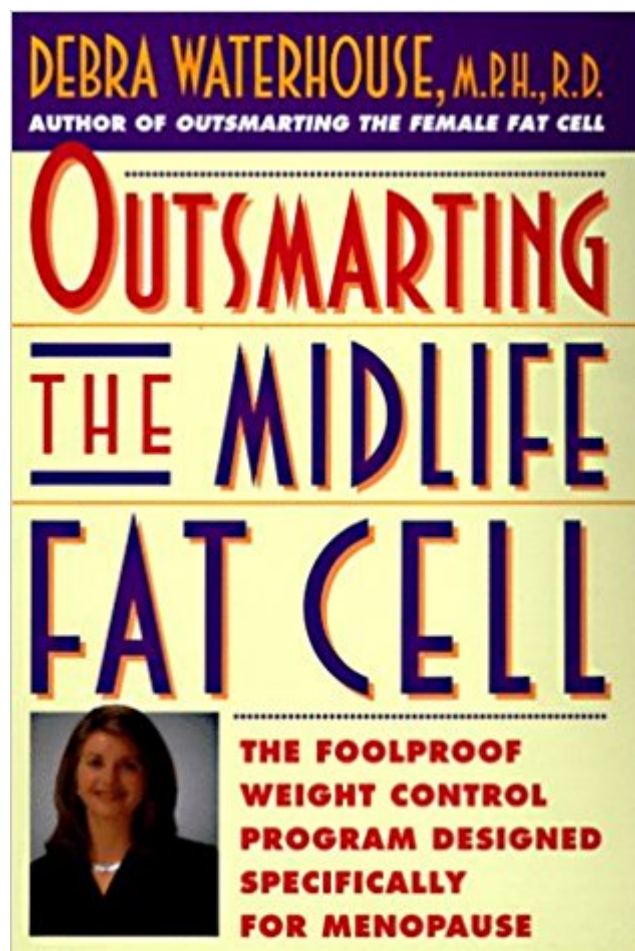




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Outsmarting The Midlife Fat Cell: Winning Weight Control Strategies For Women Over 35 To Stay Fit Through Menopause



Synopsis

Menopausal weight gain is "the most stubborn weight gain you'll ever experience," says Debra Waterhouse in *Outsmarting the Midlife Fat Cell*. This book follows her bestselling *Outsmarting the Female Fat Cell*, customizing the program for women ages 35 to 55. The book is easy to read, makes difficult concepts simple to understand, and has helpful checklists to keep you on track. *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. Dieting doesn't work; instead of slimming your body, it thins your hair, muscles, skin, bones--and thinking. To combat these effects, Waterhouse explains how to work with your new menopausal physiology to minimize weight gain. You learn strategies of attitude, exercise, eating habits (including dealing with cravings), food choices, and stress management. For example, exercise at midlife fights fatigue, reduces mental sluggishness, improves sleep, stabilizes moods, reduces the severity of hot flashes, strengthens bones, and reduces the risk of breast cancer and heart disease.

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Customer Reviews

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Waterhouse (Outsmarting the Female Fat Cell, LJ 3/15/93) now turns her attention to the perimenopause, which she says can last 20 years, from the mid-30s to the mid-50s. During this period, the body is programmed to gain weight and to redistribute it on the body, since fat cells in the waist area produce estrogen and help the body to deal with its dwindling supply. Diets simply spur the body to conserve more fat. The fat actually helps to reduce the unpleasant effects of menopause, so we don't really want it to disappear. Waterhouse's "meno-positive" approach emphasizes eating a variety of foods at five or six small daily meals and incorporating a muscle-building exercise regimen into one's daily life. Sensible and sane, this volume deserves to be as popular as her previous book. Highly recommended.-ASusan B. Hagloch, Tuscarawas Cty. P.L., New Philadelphia, OH Copyright 1998 Reed Business Information, Inc.

I'm a fat acceptance advocate who hates diet books on principle. Someone suggested I read this book anyway, and I'm glad I did. It confirmed the conclusions I've come to on my own after many unhappy years of struggling with an illusory "weight problem": diets make you fatter, skipping meals is bad for you, there are no "bad foods," you should listen to your body and eat when you're hungry, and the only way to stay in shape is to exercise. Her theoretical explanations made a lot of sense, and her attitude was reassuring: this is the way a woman's body WORKS, and if you gain some weight or change shape in midlife it's not because you're "doing something wrong." I don't agree with her completely: I think she's unnecessarily judgmental about "emotional eating" (if you're under stress and can't do anything else to alleviate it, is it better to overeat for a few weeks or to take up smoking?). Also, she seems to feel that the only way to build strength is to work out with free

weights, but many other exercise programs can have the same effect -- even yoga, if you select the right asanas to practice. Still, in general, hers is the ONLY sensible approach to managing one's weight that I've ever read (any diet book that lists the National Association for Fat Acceptance as a "support group" is all right with me!), and I'd like to recommend that every woman (fat or thin) read it as she enters midlife.

I bought Waterhouse's earlier book, *Outsmarting the Female Fat Cell* when I was 24. I'd never been really overweight as a teen and young woman but I was regularly going on and off diet and exercise plans trying to get down to an ideal weight. Nothing had really worked for me; either I was hungry and thinner or hungry and not thinner but I was sick of being hungry and sick of feeling as if I had to constantly police what I was able to eat. OFF got me off diets and on a reasonable eating/exercise plan; and I went from 5'4" and 126lbs. to 120lbs. without suffering for it. (Yes, I know that is not a dramatic difference but when you're a single girl in your 20s, it seems dramatic. And the big deal was that I was eating what I liked and feeling good about it.) It took several months of being on the OFF plan but it worked. Years went by and I got married and got busy and got less concerned with how much I weighed. But recently, I decided that 140+ lbs. was not a weight I was comfortable with and I went to my bookshelf and started rereading OFF. I'd been on the OFF plan again for about 2 months, and working out at least 4x a week, and after I dropped a few easy pounds the scale stopped budging. I'm 42 now and remembered that I'd seen Waterhouse's new book on ; I ordered *Outsmarting the Midlife Fat Cell* about a week ago. In the past week, I began drinking soy milk and increasing my protein intake as Waterhouse advises, and I've already dropped a pound of fat, down to a total body weight of 135 lbs. (I have a scale that shows the percentage of muscle, water, and fat weight.) I don't know or care if I'll ever get back to 120lbs. but I'm confident that if I keep following the midlife OFF, especially the weight training component coupled with conscious eating of high protein/high nutrient foods, that I can get back to a body size/composition that feels more like me.

I started gaining weight about 15 years ago. I had always been a relatively healthy eater and very active. I rode my bike almost every day and averaged about 250 miles a week. When I started putting weight on, I couldn't understand why. My reaction was to diet and I have been on every diet since then. Nutri-System, Jenny Craig, Weight Watchers, Bistro MD (this was by far the most disgusting food I have ever eaten), Atkins,.... Well, you get the idea. I also tried diet pills but never lasted very long on those. Also, the more weight I gained the less I felt like exercising. I figured what was the point. I gave up many activities that I actually really enjoyed because I felt fat. In all I gained

about 20 pounds. After reading this book I now realized I did exactly opposite of what I should have done. I should have continued my healthy eating habits and kept up my fitness routine. I would have gained weight because that is what women's bodies do but I probably would have gained a lot less weight. I read this book in a day and I felt like a weight (no pun intended) had been lifted off of my shoulders. I have started working out again and eating normal foods in moderation. It is liberating! It is too early to know whether I will lose weight but my guess is I will. What I do know is I feel happier and more in control. Read this book - the earlier the better. Don't wait until you are 50 and have gained 20 pounds. Your life will be better because you will understand what is going on, you will keep your weight down AND you won't waste your time, energy and money on stupid diets.

This book was excellent!! I am currently going through peri-menopause and this book was very enlightening and eye opening. Informed me about things I never knew. As since your fat cells are 3X's the size they are normally when no peri-menopause is present. I was flabbergasted to hear that, no wonder it's so much more difficult to lose weight, but I also learned I should not over do it on the exercise during this time, based on my body type because long intense workouts don't produce any results, they do just have just the opposite effect. So, I found out that 30 minutes of moderate exercise or 3-5 minutes of interval training works best in trimming me down and burning the fat. This book is so very informative. Great book!

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