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## Kathy Smiths Moving Through Menopause

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shares her experience of the menopause

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Kathy Smith's Moving Through Menopause, The Complete ...

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- Kathy Smith. This program combines expert information with real lifestyle changes that can help every woman to get through menopause. This program includes: A 20-minute low-impact cardio routine; A 20-minute stress-reducing yoga routine; A 20-minute strength training workout; Nutritional strategies for symptom management and long term health; Q&A segment with doctors specializing in women's health issues.

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Moving Through Menopause With Kathy Smith's Body Boomers ...

"Moving Through Menopause" addresses relief from perimenopausal symptoms as well as safeguards from menopausal health risks. One of the most widely known tools in coping with estrogen fluctuations is HRT. Ms Smith discusses the pros and cons of this therapy as well as herbal, nutritional, and lifestyle alternatives.

Kathy Smith's Moving Through Menopause: A Book Review

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Using as examples her own hot flashes, raw nerves, restless nights, and memory misfires, Smith outlines an upbeat, trifaceted program for "taking charge of menopause." She addresses the three themes of midlife transition: hormonal symptoms such as mood swings and night sweats; the need to reflect and create a deeper meaning; and long-term health issues, specifically heart disease and bone loss.

Kathy Smith's Moving Through Menopause: The Complete ...

Many women find that the time around menopause is stressful. This may be due to the hormonal changes, which often times result in symptoms such as hot flashes and disruptive sleep. ... your body is made up of 206 bones that support your every move. Although you may not realize it, your bones are like busy worker bees, constantly making and ...

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Menopause Archives - Kathy Smith

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Kathy Smiths Moving Through Menopause

In this guide, Kathy Smith shares the wisdom she's learned during her own journey through perimenopause. Information is included on losing weight, staying flexible, reducing stress, eating right and balancing your hormones.

Kathy Smith's Moving Through Menopause: The Complete ...

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Kathy Smith's Moving Through Menopause (DVD) : Includes three 20-minute workouts designed for peri-menopause and menopause, as well as nutritional advice.

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Kathy Smith: Body Boomers - Moving Through Menopause 01:28:05 Kathy Smith presents routines created to be low impact, stress-reducing, and are designed especially for the woman going through menopause.

Kathy Smith: Body Boomers Workout |

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Moving through menopause: Responsibility: created by Kathy Smith ; produced and directed by Jamie Legon ; written by Trisha Peck.

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