

1. Record Nr.	UNINA9910157428403321
Autore	Mee Paula
Titolo	Your middle years ; : love them. live them. own them / / Paula Mee, Kate O'Brien
Pubbl/distr/stampa	Dublin, Ireland : , : Gill Books, , 2016 ©2016
ISBN	0-7171-6973-1
Descrizione fisica	1 online resource (222 pages)
Disciplina	646.700844
Soggetti	Middle-aged women
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Cover -- Title Page -- Author photo -- Dedication -- Acknowledgements -- Contents -- Introduction -- CHAPTER 1. FACTS -- The symptoms of menopause -- Your hormones -- What are hormones? -- Oestrogen -- Progesterone -- Androgens -- Cortisol -- Insulin -- Leptin -- Ghrelin -- Dopamine -- Hormone therapy -- Is it worth it? -- What's the alternative? -- CHAPTER 2. FOOD -- More or less? Your changing nutrient needs -- Top meno-foods -- Eggs -- Seeds -- Quinoa -- Legumes -- Beans -- Peas -- Lentils -- Greek yogurt -- Kefir -- Nuts -- Sea vegetables -- Expert opinion: Sea vegetables -- Our essential nutrient needs -- Plant and animal proteins -- Iron -- Calcium -- Vitamin D -- Vitamins B12 and B2 -- Omega-3 fatty acids -- Selenium, zinc and iodine -- How much should we be eating? -- Fruit and vegetables -- Bread, cereals and potatoes -- Milk and dairy products -- Protein-rich foods -- Essential fats and oils -- Managing your symptoms through diet -- Hot flushes and night sweats -- Isoflavone supplements -- Isoflavone-rich food -- Gastrointestinal changes -- Irritable Bowel Syndrome (IBS) -- Cravings -- Dehydration -- Alcohol -- CHAPTER 3. WEIGHT -- Is weight gain inextricably linked with menopause? -- Is it just hormones or are there other contributing factors? -- What about your genes? -- The importance of sleep -- A natural deceleration in metabolic rates -- The science bit -- Taking control of your weight and health -- Think health, not weight -- Fat analysis -- Want to lose weight? Change your behaviour -- Are you

motivated and ready? -- Are you prepared to put the work in? -- Make your thoughts count -- The power of positive thinking -- What is the effect of thinking the way you do? -- Don't give up before you even start. -- Don't condemn yourself. -- Look at your strengths. -- Don't expect to be perfect. -- Change is difficult, but not impossible. What could others do to help? -- What if you are hungry all the time? -- Tactics to help -- Obstacles to get your mind around -- Rewrite the rules -- Which approach should you take? -- Choose the right diet for you -- Three mindsets -- Expert opinion: Dressing slimmer -- Measuring success -- What to eat -- Paula's weight loss tips -- 1500-calorie meal plan -- CHAPTER 4. BONES -- Factors outside your control -- The importance of calcium -- Other food sources to top up your calcium levels -- What if you are lactose intolerant? -- What about calcium supplements? -- What if you are already taking calcium supplements? -- Vitamin D -- Why is vitamin D important for health? -- Recommended intake of vitamin D -- Food sources of vitamin D -- Vitamin D supplements -- Meeting your daily needs -- Sample meal plan containing adequate calcium and vitamin D -- DEXA scan -- Treatment plan -- Food sources of bone-friendly vitamins -- Things to avoid for good bone health -- CHAPTER 5. IMMUNITY -- Your gut -- Good bacteria in food -- Feeding your gut bacteria -- Supporting your immune system -- Vitamin D -- Selenium -- Probiotics -- Zinc -- Vitamins A, C and E -- Omega-3 fats -- Weight -- Fighting fatigue -- The immune-friendly diet -- Red and processed meat -- Flaxseeds -- Lycopene -- Immune-supporting meal plan -- Autoimmune disease -- CHAPTER 6. HEART -- Healthy cholesterol levels -- Cholesterol in food -- Unsaturated fats -- Trans fats -- Weighty issues -- How cholesterol is lowered -- Functional foods -- What about? -- Managing high triglycerides -- Blood pressure -- How to lower blood pressure -- DASH -- Reducing salt -- Salt substitutes -- How much salt is in your food? -- Shaking the salt habit -- Supplements for heart health -- Caffeine -- Weight -- Paula's pick of heart-friendly foods -- Avocado -- Nuts and seeds -- Olive and rapeseed oils -- Coconut oil. Camelina oil -- Bananas -- Alcohol -- Oily fish -- The Mediterranean diet -- Should you cut out dairy altogether? -- What spread should you use? -- Does low-fat mean high sugar? -- CHAPTER 7. COMPLEMENTARY THERAPIES -- Some herbal helpers -- Black cohosh (*Cimicifuga racemosa*) -- Dong quai (*Angelica sinensis*) -- Chaste tree berries (*Vitex agnus-castus*) -- Sage (*Salvia officinalis*) -- Red clover (*Trifolium pratense*) -- The Chinese way - Traditional Chinese Medicine (TCM) -- Chinese herbal medicine -- Chinese therapies -- Acupuncture -- Moxibustion -- Cupping -- Tui na -- Expert opinion: The Indian Way - Ayurveda -- Ayurvedic consultation -- The wise woman -- Ayurvedic herbal therapy -- Shatavari (*Asparagus racemosus*) -- Ajwain (Carom seed) -- Fennel (*Foeniculum vulgare*) -- Turmeric (*Curcuma longa*) -- Renewing life's lustre -- Movement -- Breath -- Breath of life -- Alternate nostril breathing (*Nadi shodhana*) -- Breath of balance -- Massage -- Mind power: Visualisation -- Expert opinion: Natural supplements -- Supplements for menopause symptoms -- Hot flushes and other menopausal concerns -- Vaginal dryness -- Anxiety and stress -- Beyond menopause -- Multivitamins and minerals -- Krill oil -- Astaxanthin -- Probiotics -- Vitamin D -- CHAPTER 8. BEAUTY -- The biology -- Making your skin work for you -- Cleanse -- Exfoliation -- Tone -- Nourish -- Creams -- Serums -- Masks -- Face oils -- Using face oils -- Your bathroom shelf -- Dry skin -- Oily skin -- Sensitive skin -- Safe sun -- Sunscreen -- Facial massage -- Care of the eye area -- Care of the neck -- Expert opinion: Taking care of your skin -- Dr Rosemary Coleman's top skincare tips -- Cosmetic

procedures -- ActiveFX Fractionated Laser Skin Resurfacing --
Chemical peels -- Cosmelan -- Fraxel fractional laser resurfacing --
Intense Pulsed Light (IPL) -- Jet Hydration Therapy (JHT).
Microdermabrasion -- Ultherapy -- Vein Gogh Therapy -- Viora
Reaction -- YAG Laser -- Botulinum toxin (Botox/Dysport) -- Soft
tissue fillers -- What to choose? -- Hair care -- Keep your hair looking
its very best -- Body care -- Cellulite -- Body scrubs and body
brushing -- Make-up -- Tips for make-up perfection -- Expert
opinion: Perfume -- CHAPTER 9. MOVEMENT -- Getting started --
Yoga -- Resistance exercise -- Recovery nutrition -- More reasons to
move -- CHAPTER 10. MINDSPACE -- Meditation -- Stressful situations
-- Expert opinion: Mindfulness -- Mindfulness practices -- Mindful
moments 1: Being present (<1 minute) -- Mindful moments 2:
Anchoring attention on the breath (10 minutes+) -- Meditation --
Mindful moments 3: Self-compassion break -- Meditation -- Strategies
for coping with life's challenges -- Engage fully with the challenge --
Pause and take a deep breath -- Learn to sit with yourself -- ... or sit
with a professional -- Find your tribe -- Re-engage with the cycle of
life -- Give up control -- Mindful meditation apps -- CHAPTER 11.
SLEEP -- Sleep stages -- Circadian rhythms -- How much sleep is
enough? -- Sleep strategies -- Get some natural sunlight -- Exercise
-- Create a routine -- Switch off -- Cut out stimulants -- Do
mindfulness meditations -- Sleep apps -- Let go -- Apply the quarter-
of-an-hour rule -- Set the scene -- Listen to soothing sounds -- Be
thankful -- Breathe -- Paula's tips for getting more zzzzzzz --
CHAPTER 12. SEX -- Complete lack of interest in sex? -- The main
cause of languishing libidos -- Vaginal dryness -- Expert opinion: The
three golden rules -- 1. Lubrication -- Why do you need lube? -- Tips
for all lube users -- Organic or non-organic? -- Popular natural lubes
-- Artificial oil-based lubes -- Silicone-based lubes -- Water-based
lubes -- 2. Masturbation, self-pleasure or self-love -- Self-exam --
Fantasise.
Toys -- 3. Communication -- Say it loud -- Slow down -- RECIPES --
Prannie Rhatigan's super green smoothie -- Berry good smoothie --
Breakfast berries with Greek yogurt and milled seeds -- Poached eggs
on a bed of spinach -- Red lentil and tomato soup -- Scrambled egg
muffin -- Crushed broad bean and mint bruschetta -- Creamy
guacamole -- Beetroot and apple soup -- Carrot and ginger soup --
Courgette and spinach soup -- Minestrone soup -- Broccoli, cherry
tomato and feta salad -- Smoked salmon and cream cheese wrap --
Marinated fig and mozzarella salad -- Butternut squash salad --
Smoked trout and pea pasta -- Chicken biryani -- Prawn creole --
Oriental prawn noodle salad -- ABC salad -- Basic puy lentil salad --
Broccoli, carrot and mixed seed salad -- Mango and avocado salad with
chicken -- Spicy Indian fish bake -- Seabass with fennel and wild rice
-- Greek meatballs with tomato sauce -- Chicken and puy lentil one
pot -- Puy lentil Shepherd's pie -- Chicken tagine -- Red pepper
Chinese scallops -- Spicy chicken and bean wrap -- Moroccan lamb
with apricots, almonds and mint -- Warm chicken salad -- Prannie
Rhatigan's fig and walnut dulce chocolate truffles -- Contributors --
References and Further Reading -- Copyright -- About the authors --
About Gill Books.
