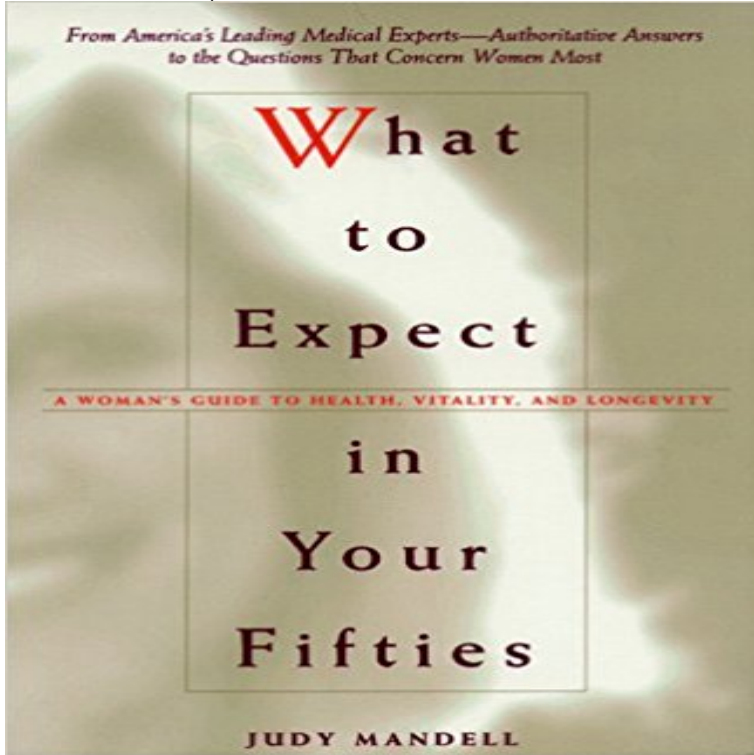


WHAT TO EXPECT IN YOUR FIFTIES: A WOMANS GUIDE TO HEALTH, VITALITY AND LONGEVITY



From the inside out...the changes a woman faces, the empowering choices a woman can make. Extra pounds...hot flashes...loss of sexual desire. Are these inescapable changes as women age? The inspiring answer for every woman who wants to feel good and look great in her fifties is no. This comprehensive guide, conveniently organized in a question/answer format, offers straight answers and advice from Americas top specialists in gynecology, oncology, endocrinology, gastroenterology, orthopedics, plastic surgery, and more. From essential vitamin supplements to breakthrough drugs to the latest approaches in hormone replacement therapy, this authoritative one-volume resource provides vital information about a womans changing body and mind, including: The latest developments in hormone replacement therapy--what it means to your body and your lifestyle The biggest threat to your skin...and an FDA-approved cream that can really turn back the clock The amazing discovery about homocysteine--the hidden risk factor in heart disease and stroke The new love drug, a treatment that can put the sizzle back in your sensuality The truths women need to know about low-fat diets, fake fats, salt, and sugar The emotional problem that is one of the leading culprits in memory loss Plus the best prevention and treatment for cancer, high blood pressure, heart disease, diabetes, arthritis, and autoimmune disorders.

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