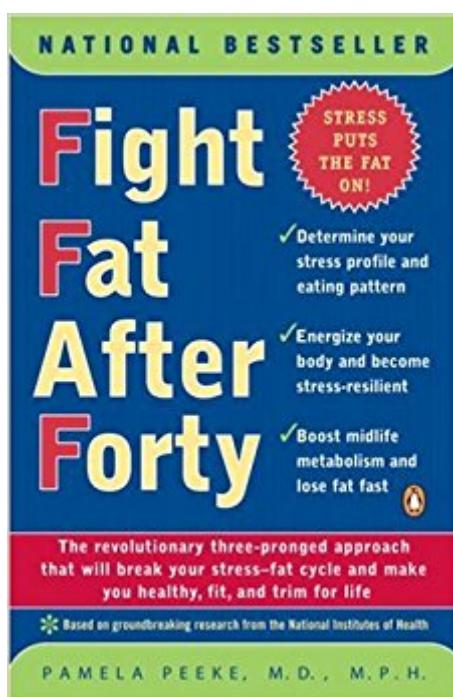


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Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle And Make You Healthy, Fit, And Trim For Life



Synopsis

It's a fact: stress makes you fat. Renowned clinician and scientist Dr. Pamela Peeke goes beyond diet and exercise with a lifestyle program that shows women how to stop being diet "POWs" ("Prisoners Of Weight") or victims of "Toxic Stress" and how to evolve into physically and mentally stress-resilient individuals. Peeke helps women identify their stress-eating profiles (Are you a stress-overeater? A stress-undereater?) and explains that to remove weight, you have to lift weight. She explains what to eat and, equally as important, when to eat by navigating the afternoon "CortiZone," the hours of highest vulnerability to stress eating. Learn how to put it all together through the fine art of regrouping. Women can tailor this accessible program to their individual needs using Peeke's three behavior templates:^{*} Stress-resilient nutrition^{*} Stress-resilient physical activity^{*} Stress-resilient regrouping. Dr. Peeke's program is a must for women who want to break the stress-fat cycle that has thickened their after-forty waistlines.

Book Information

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Customer Reviews

If you're a woman over 40, you are undergoing physical and emotional changes, declining metabolism, fat deposits at your waistline, decreased energy, mood swings, food cravings--do we need to continue this list? Now pile on chronic, long-term stress (which the author terms toxic stress), which hits women between 40 and 60 and leads to self-destructive eating behavior. "Uncontrolled or toxic stress keeps the refueling appetite on, thus inducing stress eating and weight gain," Peeke explains. The stress triggers are constant, so the body never gets to turn off the stress response. The weight gained from this chronic, toxic stress--toxic weight--settles inside the

abdomen and is associated with heart disease, diabetes, and cancer. Peeke explains the association between stress and fat gain, and describes the stress/eating cycle ("the itch you can't scratch"). Then she teaches tools for "regrouping": formulating and following a contingency plan of nutrition, exercise, and self-care. Next are suggestions for a nutritional plan tied to stressful times of the day and an explanation of food needs after age 40. In the final chapters, Peeke nudges us to exercise to relieve stress, reduce body fat, and benefit overall health. Peeke is a highly regarded scientist and clinician who studies the link between stress and fat at the National Institutes of Health. She's also Assistant Clinical Professor of Medicine at the University of Maryland School of Medicine and works with Vice President Gore as the Medical Director of the National Race for the Cure for Breast Cancer. --Joan Price --This text refers to an out of print or unavailable edition of this title.

Nutritional expert Peeke, who has just completed three years at the National Institutes of Health studying the relationship between stress and fat, here reveals what she found. Expect tons of publicity on this one. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

We diet, lose weight and gain it all back again. Why? Like so many people my weight issues weren't totally about overeating. They were intertwined with issues about self-esteem and, of all things, money. It took me years to realize this but once I did I was finally able to lose the weight and keep it off. I found a combination of three books that helped me put an end to my self-defeating habits: "FIGHT FAT" has helped me with my final weight issues."NECESSARY JOURNEYS," by Dr. Nancy Snyderman helped me finally resolve my leftover anger and feelings of failure following my divorce."SIMPLE MONEY SOLUTIONS," by Nancy Lloyd helped me finally end my overspending and love-hate relationship with credit cards. My debts are now under control, I feel like a weight has been lifted and I'm almost down to my college weight. These three books have changed my life like nothing I've ever tried before. They could work for you too. You have nothing to lose but those unwanted pounds.

The good: I especially enjoyed the chapters on stress hormones. It was interesting to learn about their cycles and biorhythms, and by and large, the patterns she described rang true to me, especially the part about the "CortiZone." I also liked that, while she used caloric intake to monitor the diet, she also broke that down into ounces of protein, carbs and fat. I appreciated that she differentiated between simple and complex carbs. I already understood that, but I think there is a

tendency to throw ALL carbs under the bus, which is a mistake. I think her advice about the times of day to eat was spot on. The mediocre: When all is said and done, this book gives a different narrative spin to the same dieting advice that has been doled out for years: eat less, exercise more. Not that it's necessarily untrue, but there is very little new information in this book. What does separate it from the others is the narrative of the stressed out caregiver who never cares for herself. The book does talk about reducing the stress, but the way to reduce it is to eat less and exercise more. A little circular. The not so great: I did not care for the reliance on non-fat dairy. Many of us are lactose intolerant. I do understand that the sample diets are just that, a sample, but it would have been nice to see different diets reflected in the samples: vegan, vegetarian, etc. I was also surprised that while added sugar and the role of insulin in appetite was addressed, the author also suggests energy bars, weight loss shakes and non-fat yogurts as quick foods that can help you. Just one of those things would exceed the added sugar allowance for many of us and increase insulin which would increase appetite. Some of the information seemed outdated, and I wonder if the author still stands behind some of the assertions. For example, the author suggests a number of supplements for the over 40 woman to take, but specifically says that vitamin D is not necessary if you eat dairy and get 15 minutes of sun/day. This advice is out of step with the current recommendations. There also seemed to be a lot of repetition - padding to make the information book length. I'd love to see a more updated version that reflects changing demographics. The book was written in 2000, which means it was aimed at women born in 1960 or earlier. Women are now having babies later in life, and that must affect things. The author talks about how women over 40 are losing muscle mass because they are no longer getting the incidental exercise of hauling toddlers around. I am a 45 year old nursing mother who spends much of my day running after and lifting young children. I am not the majority, but I am far from alone in this. Overall: B. It kept me reading, provided some inspiration and reminded me of some things I already knew, which is important.

Dr. Peeke combines solid research common sense, compassion and a flexible approach-- not a diet plan for combatting the stress that causes overweight, as well as the weight itself. It has been said that it has more "brainpower" than most books of this genre, and that's why I bought it. I was not disappointed. Although I have battled both stress and overweight for all of my adult life, I never fully appreciated the connection between the two. Dialog boxes and real-life quotes and examples helped me to see a lot of myself in the stories that were recounted. Those women who have learned Dr. Peeke's techniques for planning, regrouping and stress-minimizing nutrition give hope to those of us who still struggle. Although her cutting edge findings are straight out of the scientific literature,

Dr. Peeke does a great job of making them highly understandable, easily accessible, and most importantly, user friendly. Now if she would only move in to my house and workout with me every day!

I have had such success after reading this book and Fit To Live that I have to share the note that I sent to Dr. Peeke so that she too would know the impact that her books have had on my life: "Dear Dr. Peeke, I just wanted to send you a message to let you know how you have literally changed my life. I am a 49 yr old woman, happily married, 4 kids..and prior to reading Fit To Live and Fight Fat After 40, I was fat and unhappy. I'm now down 30 lbs, and on my way to finishing the last 30. I live overseas in Colombia and the "new me" has allowed me to enjoy my time overseas more now than ever. Numerous women have told me how great I look, and how did I do it? I tell them to read your books. I changed how I eat, the way I eat and the way that I look at food and exercise in general. It's not a "diet" anymore, but my new way of life, and I LOVE it! A couple of Colombian women the other day were telling me (at the movies no less!) that I need to enjoy my life now because when I'm older there's so many things to worry about, including getting fat. I told them also to read your books! They took out pen and paper and wrote your name and the titles of your books down. I finally feel at peace with my struggles because I understand my triggers, my moods, and how to control myself. I'm ok now with saying "No thank you". My energy level has increased 10x and I can now finish a tennis lesson feeling proud of my efforts. My body dollars have also come in handy because the elevator went out a week ago in our building and so I've been climbing the stairs 6-8x a day (5 flights). That will now be my new route since I can do it without feeling as though I'm going to pass out! So, please know that you have done a great service to so many like myself and I know that you have literally helped my add years to my life. I am running in the Bogota 10K in July and maybe next year it will be the 1/2 marathon. You are an inspiration. Thank you. I will send you another message when I reach my goal because I'm sure I will really be on cloud 9!"

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SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Sexy Forever: How to Fight Fat after Forty Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Lochs and Glens North - Sustrans Cycle Route Map: Sustrans Official Cycle Route Map and Information Covering the 217 Miles of National Cycle Network from Glasgow to Inverness Lochs & Glens South - Sustrans Cycle Route Map: Sustrans Official Cycle Route Map and Information Covering the 214 Miles of National Cycle Network from Carlisle to Glasgow When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain (Yale University Press Health & Wellness) Mr. Wilson's Cabinet of Wonder: Pronged Ants, Horned Humans, Mice on Toast, and Other Marvels of Jurassic Technology Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes 7 Secrets a Fit Mama Used to Lose the Baby Weight: Things you need to know that "they" don't tell you (Fit Mamas Rock Book Series 1) Trim Healthy Mama Plan: The Easy-Does-It Approach to Vibrant Health and a Slim Waistline Summary: Barrett & Allison's Trim Healthy Mama Plan: The Easy-Does-It Approach to Vibrant Health and a Slim Waistline Relaunch Your Life: Break the Cycle of Self-Defeat, Destroy Negative Emotions and Reclaim Your Personal Power Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat Rapidly And Improve Your ... Free Recipe, Gluten Free Diet Book 6) What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) Holly Clegg's trim&TERRIFIC EATING WELL TO FIGHT ARTHRITIS: 200 easy recipes and practical tips to help REDUCE INFLAMMATION and EASE SYMPTOMS

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