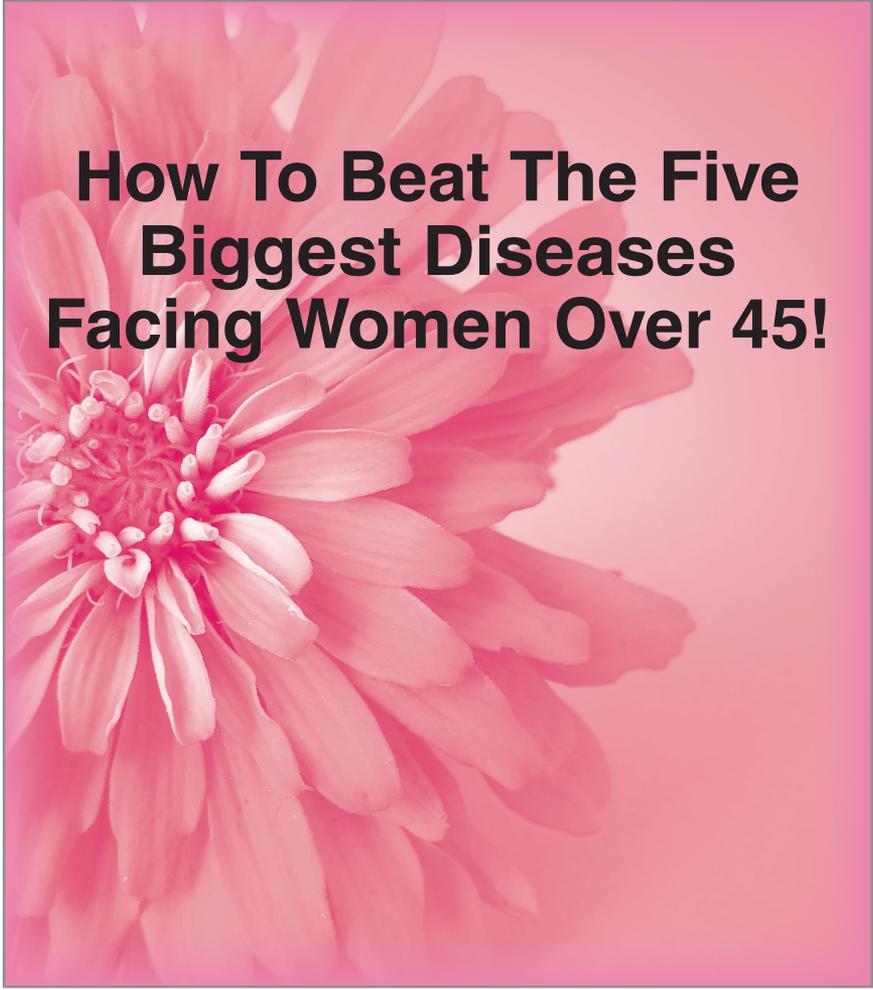


*The Healthy Living Collection*



# **How To Beat The Five Biggest Diseases Facing Women Over 45!**





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# Complete Health For a Women's Body: Give Yourself Beautiful Skin, A Healthy Heart, Strong Bones and More!

Women have different health issues than men. Osteoporosis, menopause, and breast cancer affect vastly more women than men.

Even with shared health issues like heart disease or Alzheimer's, a woman's risk factors and response to the disease often differ from those of a man.

This means that your health needs to be approached differently than a man's... something that a lot of doctors and researchers are still realizing.

For example, heart disease, the number one killer of men, is also the leading killer of women. Only one in five physicians knows this, which means chances are high that your doctor doesn't realize your heart health risks. <sup>1</sup> Medical researchers also fall short. Only 25% of heart disease study participants are women. <sup>2</sup>

Because women are under-represented when it comes to research and too often misunderstood by their doctors, it's important for every woman to know her own risks for different diseases and how best to prevent these diseases.

That's what this report is all about—giving you as a woman, a better understanding of your own health, so that you can work with your doctor to find solutions that fit your own individual needs.

## **The Quiet Killer of Women: Heart Disease**

Every year heart disease kills nearly half a million women.

Too often a woman goes undiagnosed or receives treatment options that don't fit her unique needs. In a crisis situation, doctors don't recognize the signs of a heart attack in a woman as quickly as they do in a man. A woman might experience nausea and general pain through her chest, neck, jaws, and arms while a man has sharp pains in his chest and left arm. The male symptoms are considered typical, making a woman's heart attack more difficult to diagnose. This can delay crucial treatments and result in disaster. In fact, in the first year after a first heart attack, 40% of women die versus only 24% of men in the same situation. <sup>3</sup>

So how exactly does your heart health differ from a man's and what can you do to protect yourself?

### **The Risks to a Woman's Heart and What You Can Do About Them**

Heart disease is the leading killer of women. One of the difficulties doctors and women face with heart disease is that a women's symptoms and risks factors often differ from those of men. Fortunately, once you recognize your risk factors, there are a number of safe and natural ways for you to protect your heart.

## Cholesterol and Triglycerides — Two Misunderstood Risk Factors

Your doctor might do a blood test and decide that since your low density cholesterol (LDL cholesterol is sometimes called the “bad” cholesterol) is within a normal range that you’ve got nothing to worry about. But that isn’t quite true.

Your high density cholesterol level (HDL cholesterol—the “good” kind) is actually much more telling of your heart risk than your LDL levels. An HDL measurement below 40 means you’re at a higher risk of heart disease and fatal heart attack. This measurement is a more reliable indicator of your heart disease risk than LDL cholesterol. The link between low HDL cholesterol and heart disease is more pronounced in women than in men. <sup>4</sup>

In fact, the famous Framingham study of heart disease in both men and women found the HDL cholesterol level was more important than any other lipid level. (Lipids are blood fats like LDL cholesterol, other kinds of cholesterol and triglycerides.)<sup>5</sup> The sad thing is that this information has been available for nearly 30 years and doctors are just starting to apply it to how they help their patients care for their hearts.

When it comes to predicting heart disease in women, triglycerides run a close second to HDL cholesterol. In a woman, an 88 mg/L increase in triglyceride levels raises her heart disease risk by 75%. The same increase in a man raises his risk by only 30%. <sup>6</sup> Triglycerides are something that doctors regularly look at, but they don’t always know how to help you bring your levels down if they are high.

You can lower your heart disease risk dramatically by boosting your HDL cholesterol levels and by lowering your triglycerides.

Higher levels of HDL cholesterol are better. You want to have at least 40 mg/dL, but more is better.

Diet plays an important role in HDL levels. A diet high in carbohydrates tends to lower HDL levels. Proteins seem to be neutral. Saturated fats raise HDL levels, but they raise LDL cholesterol levels, too. Trans fatty acids from hydrogenated oils raise LDL cholesterol and lower HDL cholesterol.<sup>7</sup>

Foods rich in soluble fiber help to boost HDL cholesterol levels. In one study of overweight women, eating foods with 28 grams of fiber each day over the course of four weeks boosted their HDL levels by 11.2%.<sup>8</sup>

The fastest, easiest way to lower triglyceride levels is to reduce the refined carbohydrates in your diet. In one study of the effects of a low carb, high protein diet versus a low fat, low calorie diet, the low carb group saw their triglycerides drop by nearly five times as much as those doing the low fat, low calorie diet.<sup>9</sup>

Your main strategy to improve your blood lipid levels is through diet.

1. Lower your carbohydrate intake, especially from processed foods.
2. Boost the amount of healthy fats you eat—think olive oil and fish.

3. Increase the amount of fiber you eat by choosing more fruits and vegetables. Beans are especially good for fiber.

## High Blood Pressure—the Silent Killer

Hypertension, or high blood pressure, is usually thought of as a man's issue. They're the ones who don't deal with their stress in a healthy way... aren't they? As it turns out, high blood pressure affects more women than men. A full 29% of women struggle with high blood pressure. Nearly a third of those don't know they have it. More than a third of women with high blood pressure don't have their condition under control.<sup>10</sup>

This is serious because high blood pressure greatly increases your risk of heart disease and heart attack.

The healthiest way to lower your blood pressure is naturally, without drugs. Certain vitamins can help.

A good variety of antioxidants like lycopene from tomatoes, vitamin C from oranges, and beta-carotene from sweet potatoes will help to lower your blood pressure. In one study, researchers gave patients with high blood pressure tomato extract rich in lycopene, beta-carotene, and vitamin C each day. The study began with a four-week placebo period followed up by eight weeks with the supplement. The patients did not experience any blood changes while taking placebo. After eight weeks of taking the antioxidant-rich extract, the average patient's blood pressure fell from 144/87 to 134/83.<sup>11</sup>

Exercise is also important to lower blood pressure. In a review of studies regarding exercise and blood pressure it was

found that aerobic exercise can significantly reduce blood pressure levels. <sup>12</sup>

## **The Easiest-to-Treat Risk Factor There Is**

Homocysteine is a natural compound that normally breaks down into other harmless substances. However, homocysteine can accumulate, and when it does, doctors now believe it damages your arteries. Research shows that high homocysteine is a risk factor for heart disease. <sup>13</sup>

As a risk factor, homocysteine is one of the easiest to treat. The process your body uses to metabolize homocysteine requires Vitamins B6, B12, and Folate. Without an adequate supply of these vitamins, it's likely your homocysteine levels will begin to rise. Women are twice as likely to experience a B12 deficiency than men, <sup>14</sup> and 25% of women not taking a regular supplement do not get enough Folate from their diets. <sup>15</sup>

To ensure your homocysteine levels remain normal, or to bring them down if they are high, take 50 mg of Vitamin B6, 500 mcg of Vitamin B12, and 400 mcg of Folate each day.

## **Inflammation Quietly Damages Your Heart But You Can Stop It — Starting Today**

C-Reactive Protein (CRP) is a marker of inflammation in the body. Recent research shows that it is a strong independent risk factor for heart disease in women. <sup>16</sup>

CRP levels and physical fitness seem to go hand-in-hand. The more physically fit you are, the lower your CRP levels will typically be. So the best way to lower CRP levels is to work on your physical fitness.<sup>17</sup> Make a commitment to exercise at least three times this week, for just 20 minutes at a time. The best way to increase your overall fitness levels is to do interval training with a few high intensity/short duration bursts worked in.<sup>18</sup>

Heart disease is the number one killer of women, but you can take action today to prevent or even reverse heart disease. You need to:

- Cut out refined carbohydrates.
- Eat more fruits and vegetables.
- Cut out processed fats. Don't eat anything with partially hydrogenated oils in it.
- Take vitamin B6, B12, and folate supplements as well as antioxidant supplements like CoQ10, vitamin C, and beta-carotene.
- Exercise regularly. Focus on exercises that will burn fat and build muscle.

## **Breast Cancer: What Your Gynecologist Isn't Telling You**

Each year in this country 43,000 women die of breast cancer.

Unlike heart disease, where you can take natural steps to reverse your condition, breast cancer requires more drastic measures. Surgeries, radiation therapy, and chemotherapy are the standard treatments and each can be exhausting and painful. They also come with their own risks. Chemotherapy

can compromise your immune system and damage your organs. Radiation therapy can cause fatigue. And surgery—even with the improvements in technique—always carries with it some risks.

The good news is that when caught early, the survival rate for breast cancer rises every year.

Even better, though, is to prevent the disease altogether. And there are steps you can take to lower your risks of breast cancer.

## **What Puts You at Risk for Breast Cancer—You Might be Surprised**

### **A Close Relative with Breast Cancer Means You're at Risk, too.**

Family history as a risk factor is confusing. You are most certainly at higher risk of breast cancer if an immediate relative—your mother or sister, for instance—has had breast cancer. Even so, a family history does not doom you to breast cancer... you are less likely not to get it. But a family history does mean you should take extra care regarding other risk factors.

### **Smoking Contributes to Breast Cancer**

Smoking is a risk factor for just about everything. Breast cancer is no exception. In one study, researchers found that active smokers increase their risk of breast cancer by 32%. The good news is that once you stop smoking, increased risk falls off quickly and dramatically. Women who had smoked up

until five years before the study had the same risk as women who had never smoked. <sup>19</sup>

## **Estrogen: Replacement Hormones Boost Breast Cancer Risks**

Certain forms of estrogen that are more aggressive may contribute to breast cancer. These forms, especially estradiol, are common in hormone replacement therapy drugs. An increase in breast cancer risk is associated with long-term use of HRT drugs. Taking any sort of prescription estrogen replacement over the course of 15 years increases your breast cancer risk by 30%. Taking drugs that rely on estradiol rather than a gentler form of estrogen more than double your breast cancer risks. <sup>20</sup>

Combining estrogen drugs with synthetic progestin doubles your relative risk of breast cancer. This study revealed a 20% increase from estrogen only drugs taken over four years and a 40% risk increase from combination progestin/estrogen drugs. <sup>21</sup>

## **A Link Between Antibiotic Medicines and Breast Cancer**

Researchers in both Seattle, Washington and Washington D.C. studied prescription antibiotic use in women to determine if a link existed between antibiotics and breast cancer. What they found was startling. Women who took more than 25 antibiotic prescriptions over the course of 17 years experienced more than double the risk for breast cancer. More research must be done to determine the exact link between antibiotics and breast cancer. <sup>22</sup>

## **Alcohol Boosts Your Risk if You Have a Family History of Breast Cancer**

Moderate alcohol consumption lowers your risk of heart disease and Alzheimer's disease, but for women with a high family risk of breast cancer—breast cancer risk increases by 200% with only a drink or two a day.<sup>23</sup>

## **You Can Defeat Breast Cancer Before it Starts**

The best way to cope with any disease is not to get it at all. That's doubly true for breast cancer where the treatments are more extreme than with other diseases.

Here are natural, safe things you can do to lower your breast cancer risk.

### **Boost Your Intake of Antioxidants**

Like all cancers, breast cancer happens in part because of a build up of free radicals in your body that damage cells. Antioxidants help to fight this process. Vitamin C, vitamin E, and beta-carotene are powerful antioxidants, but they aren't the only ones. There are many other compounds that work as antioxidants in your body including carotenoids (the compounds that give fruits and vegetables their bright colors), coenzyme Q10, phytonutrients (they are also plant compounds), and flavonoids (yet more plant compounds). Make sure your multivitamin includes at least 500 mg of vitamin C and 400 IU of mix tocopherol vitamin E. Also eat a variety of colorful fruits and vegetables every day.

## **Eat cruciferous vegetables.**

Because certain estrogens boost breast cancer risks, it makes sense to eat foods that can help to metabolize your estrogen. The best vegetables for the job are cruciferous vegetables. These include cabbage, kale, broccoli, cauliflower, asparagus, and more. In premenopausal women, those who eat the most broccoli have a 40% lower risk of breast cancer than those who eat the least. <sup>24</sup>

## **Limit Your Alcohol Consumption**

If you have a close relative who's had breast cancer, then don't drink alcohol. A drink on occasion is okay, but moderate consumption of alcohol—a drink or two a day— isn't safe for you.

## **Exercise to Lower Your Risks**

Exercise uses up estrogen and helps to control body weight. Both estrogen and high body weight can contribute to breast cancer, so exercise is one way to mitigate these risks.

If you do not have a family history of breast cancer, exercise may also directly lower your risk. In a study of the affects of exercises on breast cancer risk, researchers found that women who have not had a close relative with breast cancer can lower their breast cancer risk by exercising. Four hours of exercise each week reduces your breast cancer risk by 47%. <sup>25</sup> Researchers in this study looked primarily at lifestyle, recreational exercise... the kinds of things women do for fun and as part of their daily routines rather than structured exercise sessions. Making physical activity a part of your daily life is the most effective way to benefit.

You can begin taking action to prevent breast cancer today. Start by:

- Eating cruciferous vegetables at least once a week—three times would be better
- Cutting out alcohol if breast cancer runs in your family
- Increasing your antioxidant intake
- Exercising at least four hours each week—find things you enjoy doing like kicking around a soccer ball with friends or learning to belly dance. Also find small ways to increase your activity levels—take the stairs, park at the back of the lot at the grocery store, walk the dog on the long route, or just dance around the living room to your favorite music.

## **Alzheimer's and Dementia: The Threats to Your Mind**

Of course, Alzheimer's and Dementia affect both men and women, but more women will be diagnosed with these diseases in their lifetime than men. In fact, nearly twice as many women die from Alzheimer's each year as men.

Of all the age-related diseases out there, the ones that impair your cognitive ability are probably the most terrifying.

The good news is that as we come to understand these diseases better, we realize that they're not an inevitable part of aging—there are things you can do to protect your mind.

# The Health Threats That Steal Your Memories

## Your Genes Play a Role

While most of the factors that contribute to Alzheimer's are things you can control, your genes do play a role. Your body makes a protein called apolipoprotein (ApoE) that helps it move cholesterol around to where your body needs it. There are three different kinds of ApoE, and your body uses a combination of two of them. ApoE2 and ApoE3 in any combination are good—they lower your risk of Alzheimer's. However a combination that uses ApoE4, or if your body only uses ApoE4, you are 25% more likely to develop Alzheimer's<sup>26</sup>

Finding out if you have a higher genetic risk of Alzheimer's doesn't condemn you to the disease. The opposite is actually true. If you know a genetic risk exists, it can empower you to make greater changes to your lifestyle which will give you extra protection against the disease.

## Chronic Inflammation Increases Alzheimer's Risk

C-Reactive Protein (CRP), that inflammation marker that helps predict heart disease, also increases your risk of Alzheimer's. One study found that high CRP levels can triple your risk of developing Alzheimer's.<sup>27</sup>

## Free Radicals Attack Your Brain

Oxidation is part of your energy burning process. When your body makes energy it gives off oxygen-rich cells eager to bond with and damage healthy cells. Your body needs something to clean up these free radicals, or they do a lot of damage. They contribute to cancer, and research shows that oxidation also

increases Alzheimer's risk. Research links high levels of free radicals to mild cognitive impairment—an early sign of Alzheimer's. <sup>28</sup>

## **Natural Ways to Keep Your Mind Young and Sharp**

Your lifestyle choices can protect your brain from Alzheimer's and help to keep your mind and memory sharper as you age. Even if you are diagnosed with cognitive impairment, you can slow the progression of Alzheimer's or Dementia by following these same preventative steps.

### **When it Comes to Your Mind, Use it or Lose it**

People who undertake mentally challenging activities reduce their risk of Alzheimer's. Doing the daily crossword puzzle can lower your risk by 38%. Playing chess can lower your risk by 74%. Playing a musical instrument lowers your risk by 69%. Learning to ballroom dance lowers your Alzheimer's risk by 76%. <sup>29</sup> Try new things. Or try things you enjoy in a different way. But whatever you do, make sure you give your mind a daily workout.

### **Exercise for Both Body and Mind**

Remember that physical exercise is the best way to lower your body's levels of inflammation. Increasing your physical fitness lowers inflammation levels, a risk factor for Alzheimer's. <sup>30</sup> Physical fitness also seems to directly lower Alzheimer's risks. Research shows that a loss of balance and coordination or difficulty walking may be the earliest signs of Alzheimer's, even before any cognitive decline is apparent. <sup>31</sup>

## Supplements: Boost Your Antioxidants

Research shows the following antioxidant-rich foods and supplements are promising in the fight against Alzheimer's: <sup>32</sup>

- Garlic
- Curcumin (Turmeric)
- Resveratrol (found in red wine, red grapes, and plums)
- Ginkgo biloba
- Green tea
- Vitamin C
- Vitamin E

You can begin protecting your mind from Alzheimer's disease starting today.

- Try new things that you find enjoyable and challenging.
- Exercise regularly—include exercises that improve your strength and balance.
- Eat foods and take supplements that are rich in antioxidants.

## Surviving the Change and Feeling Better than Ever

Somewhere along the way, doctors started treating menopause like a disease. It isn't. It is a natural transition to a new stage of your life. Once upon a time, it was a change that women welcomed and were honored for.

Nowadays, menopause is downright difficult. The symptoms are more pronounced and can be disruptive—even debilitating.

So what gives?

Well, there's been a dramatic shift in our diet and activity levels from what our ancestors experienced. And there are some environmental factors at work, too.

Hormone replacement drugs don't work because they treat the wrong thing—they also aren't actually the same hormones your body is used to, so they cause a lot of health problems including an increased risk for breast cancer.

## **The Real Culprit Behind Menopause**

Many doctors and most women believe a decline in estrogen production causes the symptoms of menopause. But that often isn't the case. Because of the amount of chemical and plant estrogens we get through our diet and environment, there's a good chance that your estrogen levels going into menopause are way above normal.

When they begin to fall due to menopause, the declining estrogen can result in hot flashes and night sweats. But most of the discomfort actually comes from the simultaneous decline of progesterone. Progesterone is a feel-good hormone. Unlike estrogen you don't get a lot of this hormone from your environment. Going into menopause, most American women have a gap between their estrogen and progesterone levels. During menopause the gap only gets worse. This can cause depression, mood swings, bone loss, and weight gain.

Women also experience a decline in testosterone during menopause. Low testosterone can also cause depression, weight gain, bone loss, and a loss of libido.

If you want to sail through menopause without all these difficulties, it's important to naturally balance your hormones.

You can have your doctor take a measurement of your hormone levels for all three of these important hormones. Then, you can have him give you a prescription for a bio-identical hormone blend that is based on your individual needs. You can have this prescription filled by a compounding pharmacist. The nice thing about this approach is that the hormones you take will perfectly match the ones your body makes naturally, and you'll be taking them in amounts balanced for your body's needs.

For mild to moderate symptoms, you might be able to balance your hormones naturally without having to take any hormones at all. You can do this by taking supplements that are hormone precursors. They trigger your body to make more of the hormones it needs.

### **Cruciferous Vegetables and Soy to Balance Estrogen**

Cruciferous vegetables like broccoli, cauliflower, Brussels sprouts, and asparagus help your body to metabolize estrogen. They also help to convert the estrogens in your system into gentler (and safer) forms. Soy is another food that helps your body to create safer forms of estrogen.<sup>33</sup> These gentler estrogens can help to ease menopause symptoms like hot flashes.

## **Dong Quai and Chaste Berry Reduce Menopause Symptoms**

Dong Quai contains weak phytoestrogens that may help to balance your estrogen levels and relieve menopause. Chaste berry acts by regulating your pituitary gland, which helps to balance all of your sex hormones. Small preliminary studies show that chaste berry and its active ingredient vitex work well to relieve menopause symptoms.<sup>34</sup>

## **Exercise Beats Depression**

Sometimes hormone changes can cause you to feel tired and depressed. Exercise is one of the best ways to treat depression. It is hard to get moving when you feel depressed, but if you force yourself to do it, you'll feel much better. Three thirty minute bouts of exercise each week can cut symptoms of depression in half, making exercise as effective as medication without any dangerous or uncomfortable side effects.<sup>35</sup>

## **Progesterone Creams Help Restore Balance Naturally**

Because a gap between estrogen and progesterone exacerbates menopause symptoms, naturally replacing your body's progesterone can help ease what you're feeling. You can find progesterone creams at your local health food store—these use wild yam to provide progesterone identical to your body's own. In studies, women using a natural progesterone cream saw a significant reduction in symptoms like hot flashes and night sweats compared to women using a placebo cream.<sup>36</sup>

To reduce menopause symptoms, start today by:

- Eating more cruciferous vegetables.
- Trying a Dong Quai or Chaste berry supplement.
- Adding exercise into your regular routine.
- Using a natural progesterone cream.

If you still find your menopause symptoms disruptive, visit your doctor and request a hormone test and a prescription for bio-identical hormones based on your individual needs.

## **Protect Your Bones Now or Lose Your Independence Later**

Osteoporosis is not just a weakening of your bones—your bone mass actually begins to decrease. This makes your bones more prone to breaking. A broken hip is one of the most common causes among women for temporary and permanent residencies at assisted living facilities. Twenty-five percent of women who have an osteoporosis-related hip fracture will require long-term, assisted living care. Half of women suffering hip fractures will experience reduced mobility. Twenty percent of women suffering an osteoporosis related hip fracture die within one year.<sup>37</sup>

Osteoporosis is serious. Maintaining strong bones helps you stay healthy *and* independent.

Forty four million Americans suffer from osteoporosis—80% of them are women. Like most conditions, it is easier to prevent than reverse. But the same steps that help you prevent can also improve your condition if you've been diagnosed with bone loss.

Postmenopausal women are the most at risk for osteoporosis, but it is a condition that younger women should be aware of and checked for, too.

Here are some ways you can protect your bones and keep them strong.

**Calcium:** Calcium is, of course, a critical building block for your bones and you need adequate calcium for good bone health. Medical research shows calcium helps to prevent osteoporosis and is an important part of treating it. Calcium works best in combination with Vitamin D.<sup>38</sup> You need 1200 mg of calcium each day. The best kind of calcium to take is calcium citrate. A study examining differences between the intake of calcium carbonate and calcium citrate in postmenopausal women found that calcium citrate is absorbed better.<sup>39</sup>

**Vitamin D:** Make sure you get enough Vitamin D. Researchers find that women hospitalized with osteoporosis-related fractures almost always have a Vitamin D deficiency.<sup>40</sup> The best way to increase your Vitamin D levels is to spend between 10 and 20 minutes each day in the sun without sunscreen. You can also supplement with 400 IU of Vitamin D—often multivitamins contain this amount.

**Magnesium:** The mineral magnesium is necessary for your body to uptake and use calcium. In a study of patients known to have difficulty absorbing calcium, researchers discovered that every participant had a magnesium deficiency. Absorption of calcium and Vitamin D improved after magnesium supplementation.<sup>41</sup> You need between 400 and 800 mg of magnesium every day.

To help prevent bone loss and osteoporosis, begin by making sure you're getting adequate amounts of calcium, magnesium, and Vitamin D. Regular resistance exercise is also important to your bone health.

## **Beauty Starts on the Inside**

As a woman, you don't want to just be healthy on the inside—you want your health to shine through on the outside. Healthy skin doesn't just make you feel beautiful—it's an outward sign of your inner health.

Many of the steps you take to protect your health—reducing your inflammation and eating foods rich in antioxidants—will help to keep your skin looking toned and beautiful.

But there are other specific skin concerns that you may want to address.

### **Nobody Wants Cellulite**

Cellulite is the appearance of discreet pockets of fat in the thighs and buttocks. Maintaining a healthy body can reduce the appearance of cellulite. When it comes to natural remedies there is not a lot of clinical evidence to support their efficacy. However conjugated linoleic acid did help 75% of participants in a single small study to noticeably reduce the appearance of cellulite.<sup>42</sup> You can increase your intake of conjugated linoleic acid by switching from regular red meat to grass fed red meat.

## **Avoid Varicose Veins**

Varicose veins are unsightly and they can lead to circulatory problems. One of the biggest preventative factors for varicose veins is general health and fitness levels. By keeping physically active, maintaining a healthy body weight, and eating foods that are good for you, you can reduce your risk of varicose veins. <sup>43</sup> If you already have varicose veins, it is best to talk with your doctor about how you can treat and reverse the condition.

## **Reduce Facial Wrinkles**

As we age, our skin tends to lose its smoothness and tone. Let's face it, we'd all like to find the secret behind keeping our skin—especially our facial skin—young and smooth forever. The best thing you can do to prevent or even reverse facial wrinkles is to give your body the nutrients it needs to keep your skin healthy. In one study, women taking a supplement containing glucosamine, amino acids, minerals, and antioxidants reduced visible wrinkles and fine lines both by 34%. <sup>44</sup>

Moisturizing your skin is also important. Dermatologists support moisturizing as one of the best ways to head off premature skin aging from exposure to the sun, environmental pollutants, and other stressors. <sup>45</sup> Different skin types will flourish with different kinds of moisturizers. To determine your skin type, it's best to visit a reputable cosmetologist. They can evaluate your skin type and recommend the best kind of cleanser and moisturizer for your unique needs. You can often find a cosmetologist at a local department store like Macy's or Nordstrom's.

## **Take Care of Your Unique Needs for a Long, Healthy, Joyful Life**

Your health needs as a woman are different from those of a man. You need to recognize those differences and make sure your doctor recognizes them, too. Then you can address your unique nutritional, fitness, and general health needs in a way that will help you to achieve optimum health.

## Staying Fit for Life

Keeping fit is important to all aspects of your health. Good physical fitness builds a strong heart; it protects your mind from diseases like Alzheimer's and it lowers cancer risks. This report details how high intensity, short duration bursts of exercise help your heart, and how balance, coordination, and strength exercises can help your brain. Here are some other types of exercise you can try to give your body the toned look you want, improve your flexibility, and help you to relax and enjoy more out of life.

**Yoga:** Yoga focuses on proper breathing, flexibility, discipline, balance, and strength. It's an excellent component in a well-rounded workout schedule. Yoga also promotes relaxation and inner balance.

**Pilates:** Pilates works to lengthen your muscles and strengthen your core. It is also good for balance and building a sleek toned look.

**Kickboxing for the Young:** Where Pilates and yoga are relaxing, kickboxing is more therapeutic. Kickboxing also develops core strength and coordination, but its faster pace and its more aggressive approach can be refreshing—especially on those days that haven't gone as smoothly as you hoped.

**Belly Dancing:** For a gentler workout that will work every aspect of your fitness from muscle tone to coordination to flexibility to muscle control... try belly dancing. There are a number of belly dance exercise videos available if you don't want to join a class. This type of dancing really does give you a full body workout and is a lot of fun.

**A Gentle Fitness Program:** If you feel like you're starting from scratch and need an easy way to add physical activity into your day, try walking. That's right... just going for a walk every day can get you started on the road to good fitness. Try to walk one mile each day to start. To boost your fitness level even further, make sure you drink at least 64 ounces of good, clean water each day and eat seven servings of fruits and vegetable. Just these three small changes can make a big difference in how healthy you feel. Give it a try!



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