

Outsmarting The Female Fat Cell The First Weight Control Program Designed Specifically For Women

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 Outsmarting the Female Fat Cell: The First Weight-Control ...In a clear, comprehensive way, Debra Waterhouse shows the effects of estrogen, oral contraceptives, pregnancy, menopause, and hormone replacement therapy on fat storage, and how the female fat cell thrives on diets. Through the three-month Outsmarting Female Fat (OFF) program, readers are offered advice
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 Women's bodies are different than men's. A woman's fat cells are five times larger than a man's, have twice the amount of fat-storing enzymes and half the fat releasing enzymes. Plus, men have more muscle, and muscle uses up more calories, so men have an advantage over us—unless we are in a famine situation.
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 Menopausal weight gain is "the most stubborn weight gain you'll ever experience," says Debra Waterhouse in Outsmarting the Midlife Fat Cell. This book follows her bestselling Outsmarting the Female Fat Cell, customizing the program for women ages 35 to 55. The book is easy to read, makes difficult concepts simple to understand, and has helpful checklists to keep you on track.
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