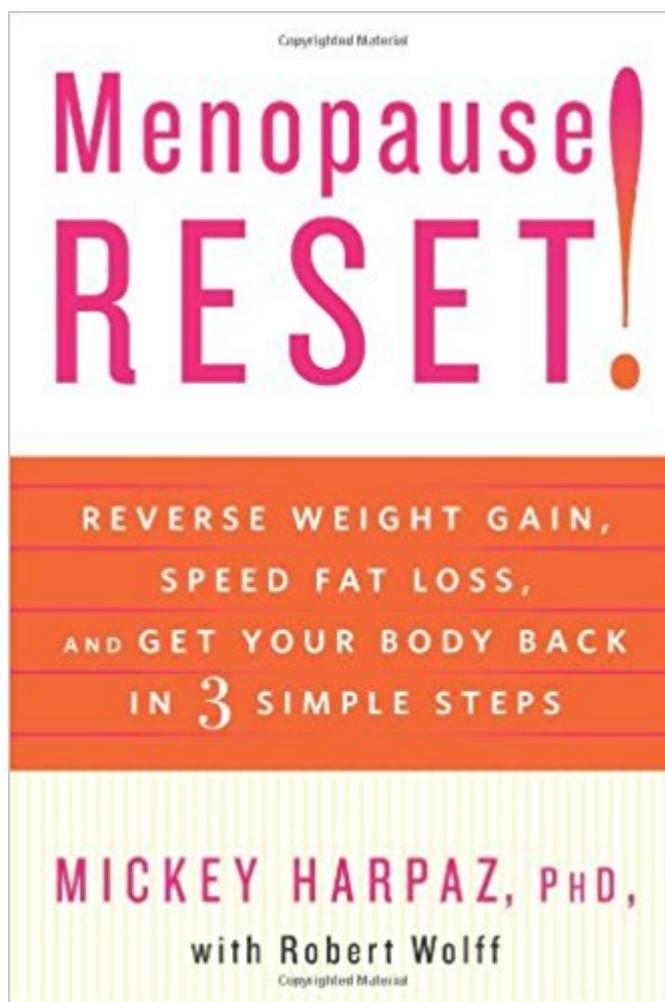


The book was found

# Menopause Reset!: Reverse Weight Gain, Speed Fat Loss, And Get Your Body Back In 3 Simple Steps



## **Synopsis**

Menopause Reset! is the revolutionary, scientifically-proven program that helps women control the physiological effects of perimenopause and menopause with mind, diet, and exercise solutions that keep blood sugar levels stable and bodies in the fat-burning zone all day long. In the past, controversial hormonal replacement therapy was the only method by which women could positively affect menopausal symptoms. But Menopause Reset! changes all of that. The program specifically regulates blood glucose with food, exercise, and highly effective stress reduction techniques, allowing women to stop and reverse menopausal weight and fat gain. Based on the successful treatment of tens of thousands of women whose life-changing results are included in the book, Dr. Harpaz has put together an easy, 3-step solution that targets the triggers of menopause and its symptoms. Menopause Reset! teaches women all about their metabolic mechanisms: what they are, how they work, and, most importantly, how to manipulate them to achieve sustainable weight loss and get their bodies back!

## **Book Information**

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## **Customer Reviews**

This book made me angry. I learned nothing new-nothing that many other authors hadn't already written about. There are so many other books out there that are much more insightful and helpful. I'm ticked that I wasted my money on such superficial trash. It's like the author read some really great books on the subject and thought he'd summarize a few of them. Don't understand the good reviews.

I've never written a review on before, but this book was a complete disappointment. The authors promised answers for the menopausal woman who has gained weight despite watching her diet and working out consistently. Although they did provide the bare bones of a diet plan for menopausal women, the workout section was a total joke, being written for someone who hasn't been working out. Even more distressing were the inconsistencies in the book, and the cursory handling on subjects never returned to. For example, the authors indicate that the first 20 minutes of cardio activity do nothing in the way of fat burning, but then the cardio recommendation is 30-60 minutes daily, but it can be broken up into any number of smaller segments. Obviously, if the first 20 minutes do nothing, then 3 segments of 20 minutes of cardio daily won't burn fat. Another example was the case history given of a woman who supposedly followed the menopause reset prescription successfully, but was not willing to give up her regular martinis. The book never returned to the subject of how to follow the program while still allowing a regular cocktail. Thus the book was not only poorly written, but was embarrassingly badly edited as well - a good editor should have caught the numerous gaps in the explanations and inconsistencies. If you are looking for inspirational stories, this book may help you. If you are looking for a concrete program to battle weight gain during and after menopause, skip this book.

I read a review in a magazine about this book, and was looking forward to acquiring it. I found it "NOT" revolutionary and there certainly was not a lot of "NEW" information in it. I also found that much like other hyped diet or weight management programs, it was pretty light on good , new information. Instead, there were a lot of case histories (do I need to PAY for that?), and a lot of repetition. I cannot say that I learned anything new, and there was very little about a good exercise regimen which complements the food managemant program. Oh well.

This book meant to help menopausal women lose weight doesn't contain anything we haven't heard before. It's like the author has gathered together a whole bunch of tried-and-true health and diet tips and is trying to package them as something totally new. They're not, but that doesn't mean they're not useful.The main premise is that instead of eating three large meals a day or skipping meals, menopausal women should eat at least six small meals and snacks a day consisting of small portions of lean meat or seafood, whole grains, and lots of fruits and vegetables. This, combined with daily exercise, supposedly works with menopausal women's changing hormone levels to reset their metabolism to fat-burning mode again. I've only been following this plan for a short time, so it's

too early to say whether it works or not. It is a major shift remembering to eat something every 2 hours, though - kind of like feeding a newborn again. If you're not sure whether you want to spend money on a permanent copy of this book, do what I did - borrow it from a library and just scan the useful parts. To me, the most helpful part was the 2-week sample menu that gives you an idea of the kinds of foods you should be eating.

I started this diet almost three months ago and I have lost no weight or inches. I am extremely disciplined and have stuck with the diet, without cheating. I thought this might be the answer to my weight gain. The only positive aspect is that you are not hungry all the time and it does force you to eat healthier. There are so many conflicting accounts about what menopausal women should be eating in order not to gain weight, I am becoming extremely discouraged. This was a waste of money.

This book is the first thing that has helped me keep my weight down! I'm a 60-year-old, slim woman who has always weighed 115-120 lbs, until the last few years, when all the dieting in the world would NOT keep my weight from creeping up. I have been cutting my calories and carbs lower and lower, and still steadily gained 9 lbs over the last few years. It's very frustrating, because I do know how to diet and eat in a very healthy way. Since I've read this book, and switched to tiny healthy snacks every 2-3 hours, my calorie and carb counts are actually higher, and I'm losing weight quickly and easily. I'm just amazed, and I'm so grateful for this book! I now have hope of getting and keeping my normal body weight again. There's another plus for me. For the last few years I've struggled with feeling exhausted and head-achy before I eat, and dopey and very, very sleepy after I eat. I'm a super busy professional woman, so that just doesn't work for me. I've had only small windows of time in my day when I felt awake, good, and energetic. With this new way of eating, I experience none of the bad feelings and exhaustion. My energy and alertness are even all day. I'm obviously one of those women whose blood sugar jumps way up and down with food. Even if I hadn't lost weight, I would be very grateful for how much better I feel! And, one other positive! I've driven everyone crazy most of my adult life feeling cold all the time when everyone around me is warm. I wear bulky sweaters in the summer, just to stay warm. I would feel warm for about 30 minutes right after eating, then I would be freezing cold again. With this new way of eating, my body temp is much more normal. I can dress normally and feel comfortable even under air conditioning now. My husband is no longer constantly irritated with me for being cold when everyone else is hot. This way of eating clearly has sped up my metabolism and helped my body use more of my food for

heat.I couldn't be more grateful for this book!!!!!!!

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