

**The Great Life Makeover: Weight, Mood, And Sex**  
**By Anthony, Daniel, Monti, Bazzan, M.D., M.D.**

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A regular sex life is good for your health. too -- from weight gain and perimenopause to technology overload (stop texting now) in the bedroom. . anemia, diabetes, or rheumatoid arthritis --may not be in the mood, either, thanks Enter to win a monthly Room Makeover Giveaway from MyHomeIdeas.com.

[www.cnn.com/2008/HEALTH/02/12/healthmag.no.sex/index.html](http://www.cnn.com/2008/HEALTH/02/12/healthmag.no.sex/index.html)

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Sex, weight, and mood are three hot-button issues for couples who want to face the realities of midlife head-on. In this work that presents solutions tailored to

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Does your sex life need a makeover? Get the latest health, weight loss, fitness, and sex advice delivered straight to your inbox. And in this case, what's good for the gander is good for the goose. the scent of a man boosted women's sexual arousal, mood, heart rate, blood pressure, and breathing rate.

[www.womenshealthmag.com/sex-and-love/40-sex-facts](http://www.womenshealthmag.com/sex-and-love/40-sex-facts)

Drop pounds by having sex, use your toddler as a workout partner, you can eat to get in the mood, such as bananas and chocolate. Do it for them and do it for yourself, and you'll be the best mother I would sit home and cry and I realized I had to turn my life around." 20 Years Younger Makeovers.

[www.oprah.com/health/unusual-ways-to-lose-weight](http://www.oprah.com/health/unusual-ways-to-lose-weight)

About the Author Daniel A Monti MD is Executive and Medical Director of the Jefferson Myrna Brind Center for. Integrative Medicine and an Associate Professor

[free4talk.org/0061435406-UUS84.pdf](http://free4talk.org/0061435406-UUS84.pdf)

Browse Inside The Great Life Makeover: Weight, Mood, and Sex, by Daniel Monti, M.D., Anthony Bazzan, M.D., a Hardback from William Morrow, an imprint of

[browseinside.harpercollins.ca/index.aspx?isbn13=9780061435409](http://browseinside.harpercollins.ca/index.aspx?isbn13=9780061435409)

In the book Danforth challenges the reader to lead a life of balance While training, the weight started to come off, his mood improved, and his clarity . buck that foolish notion and embrace youth, health, and sexual vitality.

<https://www.menshealth.com/best-life/excerpt-book-your-best-body-40>

Nutrition 101 · Smart Choices · Recipe Makeovers · Diabetic Recipes · Health News · Weight Study: Calorie Cutting Leads to Weight Loss, Better Moods, and Sex Researchers attributed the improvement in general quality of life (sex, sleep) to simply feeling better. Fasting 7 Best Foods for Your Eyes

We help you feel like yourself again so you can eat up ALL life has to offer. Good health and feeling good starts in your head-literally! A well fed brain does not get “stuck” in a mood or produce a mood that is not based on an . anxiety, depression, stress, obsessive thoughts, unwanted weight gain, cravings for sugar ,

[thebrainmakeover.com/](http://thebrainmakeover.com/)

The Great Life Makeover, a couples guide to weight, mood and sex- for the best years of your life- and your relationship., Daniel A. Monti, MD and Anthony J.

Dr. Michael Roizen, co-author with Dr. Oz on the best-selling YOU series, has just published a new book, “This is Your Do-Over.” The book

<https://www.psychologytoday.com/blog/the.../7-secrets-hitting-your-reset-button>

Learn some tips with Barbara Brody and special guest Dr. Monti author of "Great Life Makeover" -a guide to weight, mood and sex for the best

[www.blogtalkradio.com/healthyyou/2008/12/17/getting-healthy-together](http://www.blogtalkradio.com/healthyyou/2008/12/17/getting-healthy-together)

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Dr. Wendy Klein, co-author of The Menopause Makeover and leading menopause expert Declining testosterone can affect libido, moods and sexual performance. supported with good communication can strengthen your love life at any age. .. NO energy, has gained weight, depressed, constantly tired, has had trouble  
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Monti and Bazzan are the authors of the hot new book, GREAT LIFE MAKEOVER : A Couples' Guide to WEIGHT, MOOD, and SEX for the Best  
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