

AGING POSITIVELY: TIPS FOR FRAMING CHANGES IN WOMEN'S HEALTH



Remember ... good happens!

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<http://men.webmd.com/guide/male-menopause>

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www.alexgrey.com Inner Traditions International. 2001. &
 2010 Alex Grey Calendar. Amber Lotus Publishing www.amberlotus.com
 800-326-2375*

<http://www.chomp.org/what-we-do/hospice/index.aspx/bookstore> (The 2010 White Papers) Topics: Back Pain & Osteoporosis; Memory, etc.
 P.O. Box 420083 Palm Coast, FL 32142

Sexuality, Intimacy & Relationships

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<http://www.oprah.com/relationships/Real-Aphrodisiacs-to-Boost-Desire>

Dr. Patti Britton PO Box 2220 Beverly Hills, CA 90213

www.yoursexcoach.com www.sexcoachinstitute.com

Brain Health: Hearing, Memory Loss, Keeping Your Mind Active, Dementia

Bolte-Taylor, Jill Ph.D. My Stroke of Insight: A Brain Scientists Personal Journey. N.Y. Penguin 2006. Plume Book. 2009.

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<http://www.oprah.com/health/Dr-Oz-Medical-Advice-on-the-Side-Effects-of-Antidepressants>

Alzheimer's Researcher Reveals: The Best Ways to Ward Off Dementia

By Jennifer Khan

O, The Oprah Magazine | From the January 2012 issue of *O, The Oprah Magazine*

Read more: <http://www.oprah.com/health/How-to-Ward-Off-Dementia-Alzheimers-Prevention-Program#ixzz1LLlatOtl>

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<http://www.nandasredblanket.com/passing%20through.html>

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DVD 55 min: Ric Masten Speaking Poet: The Palo Colorado House

Concerts Vol.1, Bill Wenner Photography.

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Williamson, Marianne. The Gift of Change: Spiritual Guidance for a Radically New Life. Harper/Collins. 2004

The Gifts of Grief – 55 min. DVD documentary w Isabelle Allende about how a diverse group of people embrace their pain, learn to live with loss and engage life now with more compassion, courage and awareness. Produced & directed by Nancy Sobonya www.silverliningimages.com www.giftsofgrief.com

RECOMMENDED MEDICAL & COMPLEMENTARY MEDICINE LINKS

www.integrativepharmacist.com (Dr. Brian Ellinroy)

<http://www.mlanet.org/resources/medspeak/topten.html> The Medical Library's Top Ten most trusted websites.

<http://medical.nettop20.com/> The Medical Net Top 20 brings you the pick of the most popular and highest-rating sites for medical information on the Net today.

Medline Plus : Health Information from the National Library of Medicine

<http://www.nlm.nih.gov/medlineplus/>

<http://www.healthcentral.com/>

<http://www.drweil.com/drw/u/ART02054/Andrew-Weil-Integrative-Medicine.html>

Mayo Clinic Clinical experts provide current medical information and news on health topics.

<http://www.mayoclinic.com/>

<http://nccam.nih.gov/> <http://nccam.nih.gov/> The National Center for Complimentary and Alternative Medicine, National Institutes of Health (NIH)

<http://www.iherb.com/info/links>

www.consumerlab.com

www.drugs.com (can chart drug interactions)

www.doublecheckmd.com (can chart drug interactions)

http://www.integrativemedicine.arizona.edu/online_courses/bot/menopause/index.html

www.webmd.com

WOMEN'S RESOURCE SITES

www.cronescounsel.org

<http://www.susunweed.com>

www.croning.org

www.elderwoman.org

www.wisdomofthecrone.com.

www.nwhn.org (National Women's Health Network)

<http://cronesnet.ning.com/>

<http://www.chomp.org/what-we-do/hospice/index.aspx/bookstore> (The 2010 White Papers) Topics: Back Pain & Osteoporosis; Memory, etc.

http://www.integrativemedicine.arizona.edu/online_courses/bot/menopause/index.html

www.owl-national.org (Older Women's League)

<http://www.jeanshinodabolen.com/>

www.angelesarrien.com

www.womenofwisdom.org.nz.

FICTION/MEMOIR:

Juska, Jane. *A Round Heeled Woman: My Late Life Adventures in Sex and Romance* Random House. 2003. 2004 . Villard Books/paperback.

MUSIC:

Middle Aged Woman - <http://www.heylisha.com/music-71.html> (Lisa Koch)

Old – Paul Simon

Enjoy Yourself -Todd Snyder

Everything Must Change – Sister Monica Parker Love, Soul & Spirit Vol. 1

All Things are Possible - Sister Monica Parker Love, Soul & Spirit Vol. 1

Bookends – Simon & Garfunkle

Big Sur Dance – Ric Masten w. Kenny Stahl – ric-masten.com

Tai Chi with Catherine & Let it be a Dance

Gratitude: A Seven Minute Tai Chi Video with Catherine Wenner

<http://www.youtube.com/watch?v=J4zbmW9C6JA>

I will be Gentle with Myself – Karen Drucker

MENOPAUSE: The Musical

Letting GO – Pamela Polland – Heart of the Earth

I Won't Waste – Jami LuLa in 'Something's Calling Me'

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