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And my -- well, my

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weight soared past 170 pounds, the highest it had ever been outside of my pregnancy. Those were some of the darkest days of my life, and I was eating my way through them. By 2001 my marriage to Eddie Van Halen was over after more than twenty years of competing with his rock-and-roll lifestyle for attention.

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The full title here is

Losing It: And Gaining
My Life Back One Pound
at a Time by Valerie

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Bertinelli

Bertinelli. Yes, that's right. I read an autobiography by Valerie Bertinelli, she of One Day at a Time fame, countless made-for-TV movies, and a marriage to a certain Van Halen member.

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only on diet and

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Jay is the science-based

writer and researcher

behind everything you've

seen here. He has 15+

years of experience

helping thousands of

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Berthell

men and women lose fat,
gain muscle, and build
their "goal body." His
work has been featured
by the likes of Time, The
Huffington Post, CNET,
Business Week and
more, referenced in
studies, used in
textbooks, quoted in
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Why Am I Gaining

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turned tabloid headline

and rock star wife.

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After the age of 40, you

lose muscle mass — the

main calorie-burning

engine in your body —

to the tune of 1 percent a

year, Burton says. It ' s

linked to dropping

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8 Ways to Take Control
of Post-40s Weight Gain
Why You 're Losing
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September 25, 2017 April
5, 2018. by Colleen de
Bellefonds. Ever started a
new fitness program and
found yourself feeling
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ever—but weighing more
than before you started?

Don't worry, that's
actually pretty common!

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How Levothyroxine
Causes weight gain So
how does this all relate to
Levothyroxine and
weight gain? We can look
at some studies to help us
understand: Take for

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instance this study. (1)

Patients in this study were given T4 only medications and treated based on their TSH.

Why Levothyroxine Causes Weight Gain and How to Prevent it

Unfortunately, weight gain and increased body fat, especially around the abdomen, are very common complaints. 5.

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It ' s estimated that most women, without changing anything in their diet or lifestyle, gain an average of 2 to 5 pounds during the menopausal transition. However, some gain much more than this. 6

Top 8 Tips to Lose
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Menopause — Diet
Doctor

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those who have lost
weight and kept it off
know, it takes time to
develop healthier eating
habits and exercise
routines. Those who
have done that say they ...

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