

How do we create health? How do we stay healthy in our 40's, 50's, 60's and beyond? How can we take care of our health as we go through divorce?

We don't have to accept changes that we start to experience in our bodies as manifestations of getting older. We can take action. We can take our path to optimal health and well-being as an iterative journey with learning and empowerment on the way.

Dr. Katie Bayliss is a medical doctor who has worked in conventional medicine for over two decades. She completed a fellowship in Integrative Medicine (Dr. Weil's program at the University of Arizona), and a member of the Institute of Functional Medicine and American Association for Anti-aging Medicine.

She loves working with both women and men that are interested in figuring out how they can better optimize their health. She's currently focused on "whole person care" with an eye toward health creation and promoting well-being.

There are many things you can do to help respond to stress in a healthier way. Get to the root cause and address them, rather than sticking to conventional medicine. Let's all do it the natural way!

Mention the Divorce Conversations for Women Podcast and get a free 15-minute phone consultation.

In this episode, we discuss:

- Philosophical differences between functional medicine and conventional medicine.
- Components of functional medicine.
- We don't have to accept changes that we start to experience in our 40's, 50's, and 60's as a manifestation of getting older.
- Taking care of yourself is not selfish.
- We can take action.
- What we put on our fork is the most important things in determining our health and well-being.
- Food is medicine.
- There's no set formulation that we all should be doing this because everybody's experiences are different.
- Our path to optimal health and well-being is an iterative journey with learning and empowerment on the way.

The physician of the future will give no medication but will interest his (her) patients in the care of the human frame, diet and in the cause and prevention of disease. – Thomas Edison

Avoid drugs whenever possible and be PRESENT in the way you take care of your health and your loved ones.

RESOURCES:

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Visit the Women's Financial Wellness Center for a [full directory listing of experts](#).

Be sure to reach out if you would like to connect personally with the Women's Financial Wellness Center. You can visit [our website](#) or grab a [complimentary 30-minute consult](#).

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