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(Read now) Healthy Eating for the Menopause

Healthy Eating for the Menopause

Marilyn Glenville : Healthy Eating for the Menopause before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Eating for the Menopause:

1 of 3 people found the following review helpful. A BIG HELP!By Dree AndreaThere is an overwhelming amount of information on this subject, and having graduated the Natural Gourmet Institute for Food and Health I try to help all my friends and family that are confronted with 'the problem' of menopause.I find this a great book for anyone who does not want to spend too much time researching themselves. It's like an excerpt of many different books. Easy and fun to read and understand the helpful natural information. Inspiring because it includes good recipes that address the issue.SO WHY NOT 5 STARS????!!The only thing that I would like to add to this is that all products used in the recipes, especially dairy products, in my opinion should be organic.I also highly recommand a well-balanced diet with no dairy at all - for great books search for 'vegan cook books'!!! 1 of 1 people found the following review helpful. Beautiful ... photos and informationBy CustomerDr. Glenville provides important health information in a very usable way. I love to cook and this book is exciting -- I can hardly wait to try all of the recipes. These recipes all look easy(ish) to make, include easy to find ingredients, and are accompanied by gorgeous photographs.

Shows how your diet can work as a natural alternative to hormone replacement therapy and give you results far superior to any drug. Devising recipes rich in the three beneficial food groups - phytoestrogens, essential fatty acids and antioxidants which are contained naturally in many everyday ingredients.

About the Author Marilyn Glenville is one of the UK's leading experts in nutritional health for women. She obtained her doctorate from Cambridge University and is a Fellow of the Royal Society of Medicine and a member of the Nutrition Society. For details of some of her other books, see page 15. Lewis Esson has worked with many of the UK's leading chefs and is the author of several books, including *Cooking with Friends*, written with Henrietta Green and Marie-Pierre Moine.