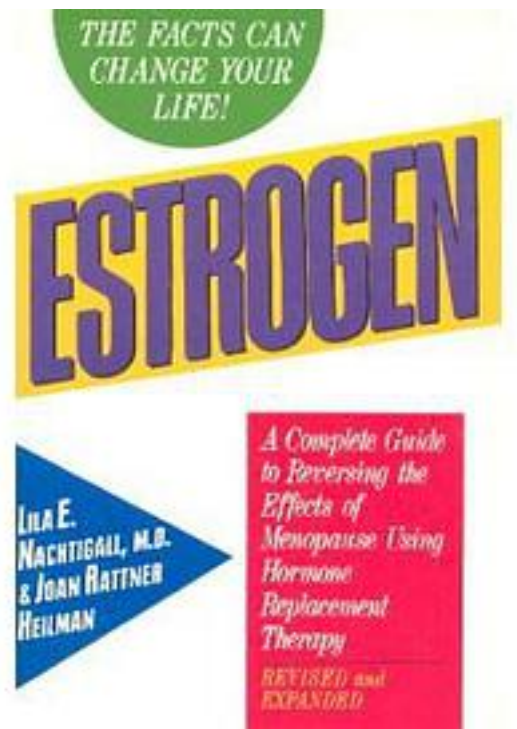


Estrogen



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著者:Shandler, Nina

出版者:Random House Inc

出版时间:1998-4

装帧:Pap

isbn:9780375751417

Women need estrogen, but estrogen levels diminish with age. In the short term, estrogen's departure leaves most women in a frequently overheated, uncomfortable state. In the long term, its exodus places their hearts, bones, and brains in harm's way. And conventional hormone replacement therapy, with its potentially distressing side effects and increased risk of breast cancer, doesn't provide a reassuring rescue. Faced with every menopausal woman's frightening estrogen dilemma, Nina Shandler discovered exciting news: Some foods contain estrogen. She headed straight for the kitchen and created this easy-to-swallow alternative. Part eating program, part cookbook, *Estrogen: The Nat-ural Way* shows women how to make fast, fun food using

nature's estrogenic ingredients. From breakfast bars to soups, from main courses to desserts, Estrogen: The Natural Way provides a gentle yet effective version of estrogen replacement therapy.

作者介绍:

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