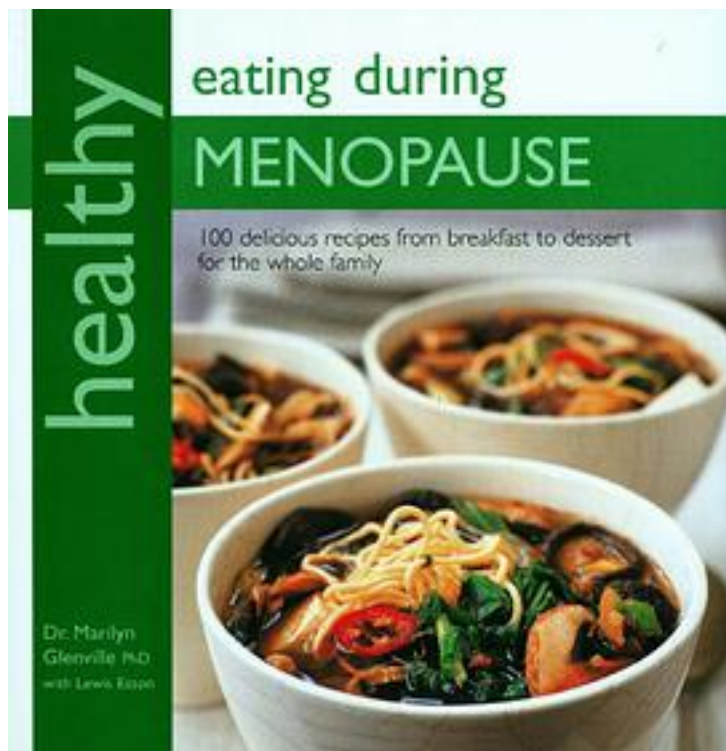


# Healthy Eating During Menopause



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All women go through menopause, but it doesn't need to be rife with unpleasant experiences such as weight gain, mood swings, night sweats, and hot flashes. In fact, the right diet could help alleviate many of these symptoms. Western culture underestimates the power of food and menopause. In Japan, for example, where soy-rich foods are a staple of the Japanese diet, the symptoms commonly associated with menopause are virtually non-existent. To further educate women on how diet and lifestyle can make the transition through menopause a smooth one, world-renowned nutrition expert Dr. Marilyn Glenville with award-winning food writer Lewis Esson have

put together this essential reference. The first section of the book is an informative introduction to everything a woman needs to know about menopause--from common symptoms and alternative treatments to a thorough examination of estrogen and a complete primer on foods that women going through menopause need to add to (soy, seeds, grain, fruits high in antioxidants, garlic) and remove from (sugar, soda, caffeine, excessive protein) their diet. This is followed by more than 100 delectable recipes that will appeal to everyone--from family and friends to those passionate about healthy eating. There are salads and soups, main courses, tasty side dishes, and guilt-free desserts, complete with health information. Who can resist such comforting dishes as Thai Mushroom Noodle Soup, Mozzarella Tomato Gratin, Mixed Vegetable Stew with Herb Dumplings, Jambalaya, and Pizza Marinara? There are also great recipes for special dinners (Broiled Scallops with Chile Jam and Crème Fraîche on a Potato and Carrot Rösti), casual gatherings (Simple Paella), and those that will impress (Mixed Berry Soufflé Omelet or Clafoutis). In this important book, Dr. Marilyn Glenville shows women how their diet can work as a natural (and delicious) alternative to HRT and give them results far superior to any drug.

作者介绍:

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