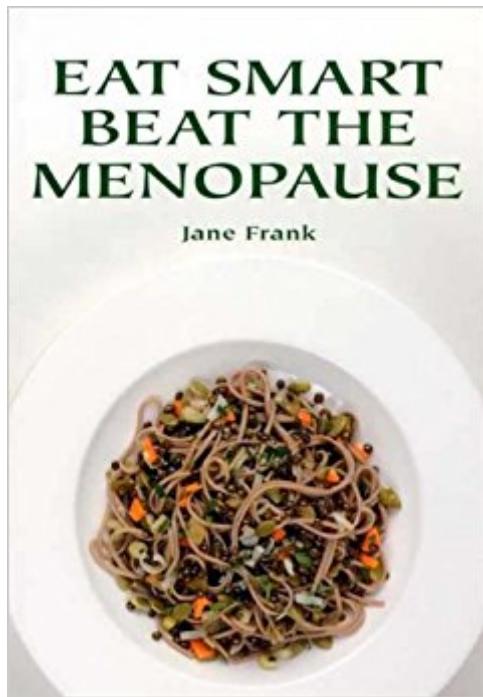


The book was found

# Eat Smart Beat The Menopause



## Synopsis

There have been many scares recently about the long-term effects of HRT treatment and so today many women are looking for alternatives to HRT as a way of dealing with the symptoms of the menopause. Diet and nutritional supplements are the natural preferred choice for those seeking another course. This book gives a collection of everyday recipes high in phyto-oestrogens, isoflavones and calcium-rich foods which have been shown to benefit, both in the short and long term, menopausal women. Based on her own experiences, Jane Frank has devised this book for women who, like her, prefer not to be obliged to take HRT.

## Book Information

Paperback: 192 pages

Publisher: Grub Street Cookery (April 14, 2008)

Language: English

ISBN-10: 1904010369

ISBN-13: 978-1904010364

Product Dimensions: 9.7 x 7 x 0.6 inches

Shipping Weight: 1.1 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,734,505 in Books (See Top 100 in Books) #122 in Books > Health, Fitness & Dieting > Women's Health > Menopause #2140 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #4127 in Books > Health, Fitness & Dieting > Women's Health > General

[Download to continue reading...](#)

Eat Smart Beat the Menopause The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and Other Cognitive Effects of Perimenopause and Menopause The Menopause Bible: The Complete Practical Guide to Managing Your Menopause Postcards from the Underground: Portraits of the Beat Era (Portraits of the Beat Generation) Eat to Defeat Menopause: The Essential Nutrition Guide for a Healthy Midlife--with More Than 130 Recipes The Menopause Cookbook: How to Eat Now and for the Rest of Your Life The Skinny Carbs Diet: Eat Pasta, Potatoes, and More! Use the power of resistant starch to make your favorite foods fight fat and beat cravings Laugh, Sing, and Eat Like a Pig: How

an Empowered Patient Beat Stage IV Cancer (And What Healthcare Can Learn from It) Eat to Beat Prostate Cancer Cookbook: Everyday Food for Men Battling Prostate Cancer, and for Their Families and Friends The WSJ Guide to the 50 Economic Indicators That Really Matter: From Big Macs to "Zombie Banks," the Indicators Smart Investors Watch to Beat the Market (Wall Street Journal Guides) Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Earls The Cookbook: Eat a Little. Eat a Lot. 110 of Your Favourite Recipes Eat in My Kitchen: To Cook, to Bake, to Eat, and to Treat Eat & Explore Washington Favorite Recipes, Celebrations and Travel Destinations (Eat & Explore State Cookbooks) It's Not the Big that Eat the Small...It's the Fast that Eat the Slow: How to Use Speed as a Competitive Tool in Business Think and Eat Yourself Smart: A Neuroscientific Approach to a Sharper Mind and Healthier Life Healthy Pasta: The Sexy, Skinny, and Smart Way to Eat Your Favorite Food Smart About the Fifty States (Smart About History)

[Dmca](#)