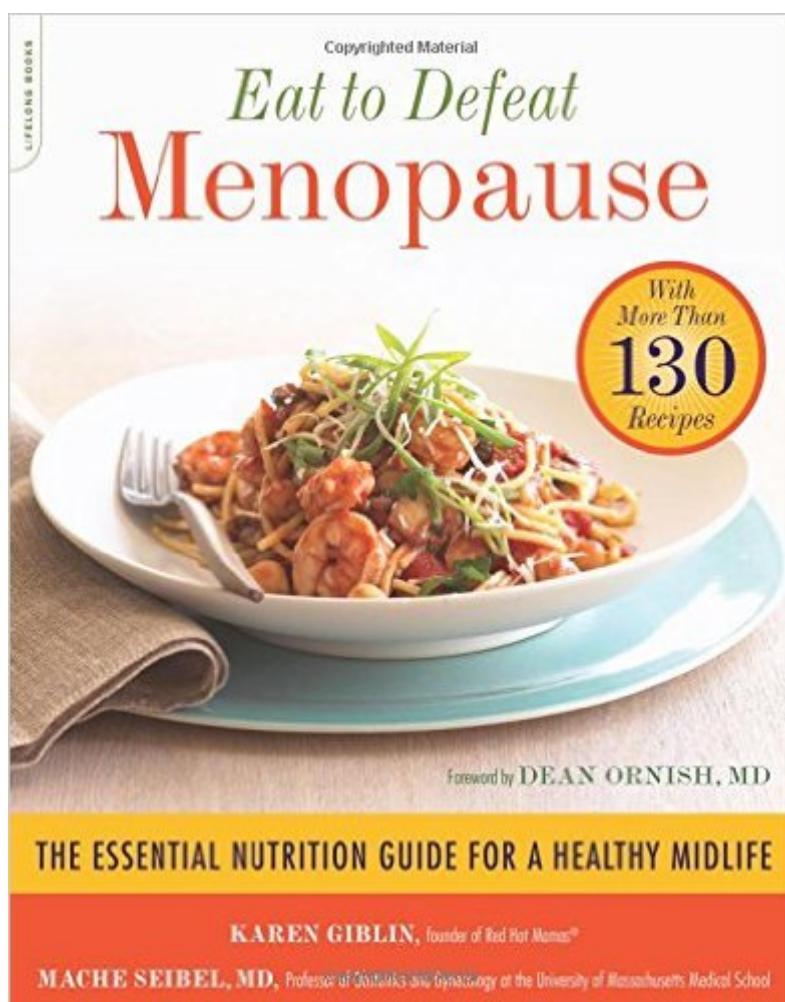


The book was found

Eat To Defeat Menopause: The Essential Nutrition Guide For A Healthy Midlife--with More Than 130 Recipes



Synopsis

Eat to Defeat Menopause combines easy-to-understand health information to combat the symptoms of perimenopause and menopause with delicious and healthy recipes from both the authors and some of America's top chefs. Along with practical advice, essential information on women's health, and a healthy dose of humor, Eat to Defeat Menopause offers dietary strategies to improve sleep, hot flashes, and other menopausal symptoms; key foods for health and wellness during menopause; information on soy foods--the perfect food for menopause; dietary guidelines and healthy weight tips and more.

Book Information

Paperback: 260 pages

Publisher: Da Capo Lifelong Books; 1 edition (July 12, 2011)

Language: English

ISBN-10: 0738215090

ISBN-13: 978-0738215099

Product Dimensions: 7.2 x 0.6 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 starsÂ See all reviewsÂ (15 customer reviews)

Best Sellers Rank: #572,509 in Books (See Top 100 in Books) #31 inÂ Books > Health, Fitness & Dieting > Women's Health > Menopause #1582 inÂ Books > Health, Fitness & Dieting > Women's Health > General #4529 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Eat to Defeat Menopause: The Essential Nutrition Guide for a Healthy MidlifeKaren Giblin and Mache Seibel, M.D.[...]Reviewed by: Anne Holmes for the NABBWAUTHOR Karen Giblin knows her stuff: Recognizing that leadership in the menopause healthcare services arena was sorely needed, she founded Red Hot MamasR, which has become the largest menopause management education program in the US and Canada, in 1991. Her mission: to broaden the base of women's knowledge about menopause and empower them to become educated healthcare consumers and active participants in the management of their own menopause. Today Red Hot Mamas is considered the largest menopause management education program in North America, delivering a variety of services which cater to the needs of this growing market. Giblin's programs have achieved national recognition due to their commitment to defining the pathway to good health - through advocacy,

education, support and research. This book, co-authored with Mache Seibel, MD, Professor of Obstetrics and Gynecology at the University of Massachusetts Medical School, is clearly an extension of her educational mission. It begins with a very wise quote from Moses Maimonides, purportedly AD 1200: "No illness which can be treated by diet should be treated by any other means." Thus the goal of the book is to teach the approximately 50 million women in the United States who are in or near menopause how to make wiser food choices, exercise, and watch their weight in order to live long and be strong. The authors come from different ethnic backgrounds, which adds to the recipe variety: Karen's kitchen specializes in Italian American recipes, while Mache's expertise is in Jewish American cuisine.

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

Eat to Defeat Menopause: The Essential Nutrition Guide for a Healthy Midlife--with More Than 130 Recipes The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes Let Them Eat Cake: Classic, Decadent Desserts with Vegan, Gluten-Free & Healthy Variations: More Than 80 Recipes for Cookies, Pies, Cakes, Ice Cream, and More! Menopause and Homeopathy: A Guide for Women in Midlife Nutrition for a Healthy Mouth (Sroda, Nutrition for a Healthy Mouth) Outsmarting the Midlife Fat Cell: Winning Weight Control Strategies for Women Over 35 to Stay Fit Through Menopause Mr. Food Test Kitchen: The Ultimate Cooking For Two Cookbook: More Than 130 Mouthwatering Recipes Chili Madness: A Passionate Cookbook- More Than 130 New Recipes! 2nd Edition Brown Bag Lunches for Kids: Healthy and High-Nutrition Lunch Recipes for Kids' School Lunches (Healthy Meals & Lunch Recipes) Diabetes Snacks, Treats and Easy Eats for Kids: 130 Recipes for the Foods Kids Really Like to Eat Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! 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 The Ultimate Smoothie Book: 130 Delicious Recipes for Blender Drinks, Frozen Desserts, Shakes, and More! EAT, DRINK, AND BE HEALTHY: The Harvard Medical School Guide to Healthy Eating The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems The Eat Fat, Get Thin Cookbook: More Than 175 Delicious Recipes for Sustained Weight Loss and Vibrant Health

[Dmca](#)