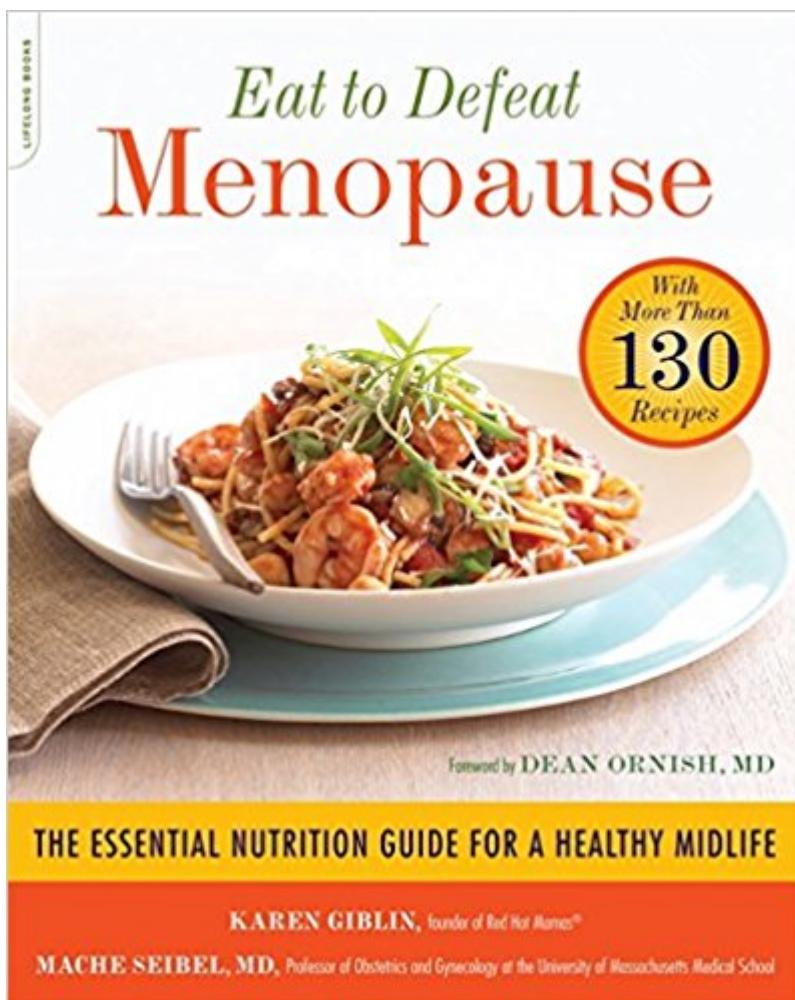


The book was found

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

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Customer Reviews

Tucson Citizen, 7/11/11 "This collection of 130 recipes is guaranteed to satisfy cravings helping this time in life to be a little easier." Bookviews, August 2011 "There is a lot of excellent and interesting dietary information in this [book]."
Library Journal, 9/15/11 "Useful information and tempting recipes for women interested in their changing nutritional needs." BetterWithVeggies.com, 1/20/12 "Packed with information about nutrition, how food impacts the environment and health, and a breakdown on what makes food healthy." MenopauseChitChat.com, 3/17/12 "So if you're looking for inspiration in the kitchen or need to make some healthy lifestyle changes pick up a copy of Eat to Defeat Menopause."

Karen Giblin is the president and founder of Red Hot Mamas®, the nation's largest menopause education program. A go-to expert on perimenopause and menopause, she lives in Morristown, New Jersey. Mache Seibel, MD, is a professor of Obstetrics and Gynecology and director of the Complicated Menopause Program at the University of Massachusetts Medical School. He lives in Boston, Massachusetts.

I was astonished when I gained 15 lbs over 3 years post menopause after having maintained the same weight for over 20 years with little or no effort. This book explains why its harder to lose the weight and how to adopt a new way of eating. The best part is that it has easy to make recipes with contents you can buy at the grocery store. Not labor intensive either. Now if it could only do my exercises FOR me!

The info on menopause and overall general health is good, but not a "startling discovery." The recipes look really good, but I didn't find them mindful of healthy eating, in general, utilizing ingredients I would never eat like white table sugar and white rice, for example. There are some that are very healthy, though. At the end of the day, eat more fruits & veges was my takeaway, less the \$10 I paid to get that advice and a few recipes.

Dr. Seibel and Karen Giblin have assembled a terrific book of recipes that will be enjoyed by midlife women and those that care about them. The recipes are delicious and nutritious. Healthy eating contributes to feeling energetic during menopause and midlife. Women who prepare these recipes will meet their unique nutritional needs and find their families and friends enjoy the dishes as well. I recommend this book to patients as well as friends and colleagues. Julia Schlam Edelman MD, FACOG, Certified Menopause Practitioner, and author of *Menopause Matters: Your Guide to a Long and Healthy Life*.

Not bad but not a big soy fan so difficult to adjust

Some good recipes.

Highly recommend. The recipes are delicious and the book is easy to read. I started feeling better after eating the recommended foods for about a week.

Love it

This has been one of the best books I have got in the past year of undergoing surgeries and chemotherapy for BC. This book is on my Kindle, which makes it so much easier to tote around and show other people. Give them some great ideas and recipes! It never hurts, because some one might buy it, after I have shown them and recommended it! So thank you for being there for me during a very long past year. I will proudly take this book with me into the New Year! Thanks

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