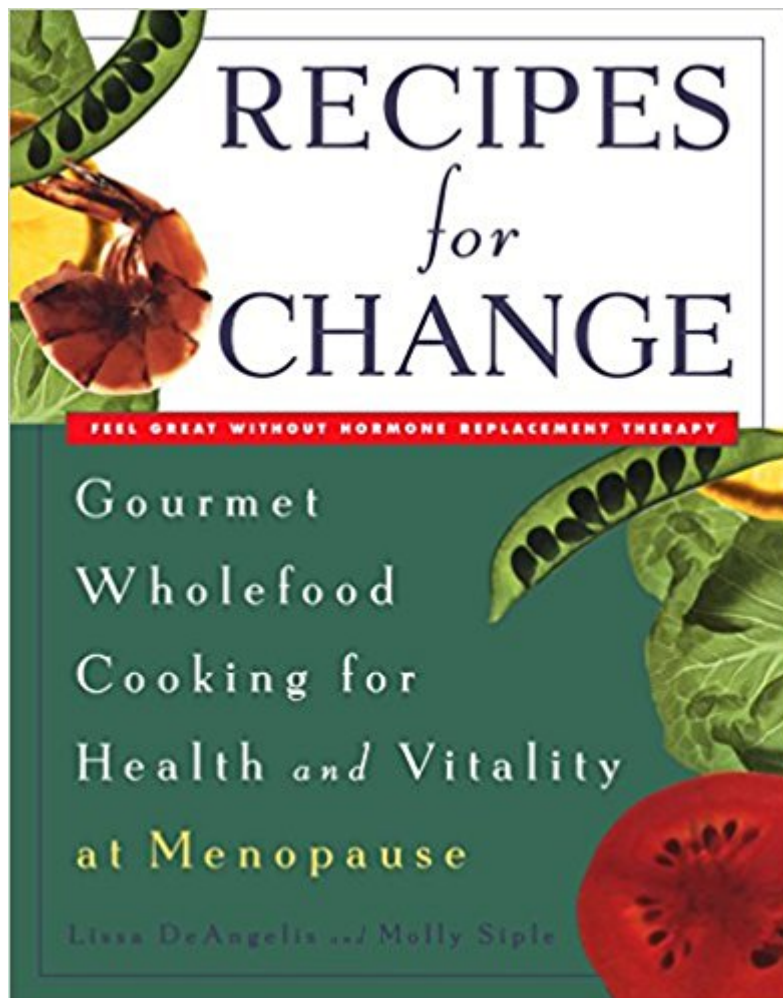




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# Recipes For Change: Gourmet Wholefood Cooking For Health And Vitality At Menopause



## Synopsis

Nominated for the IACP Health and Special Diet award and Books for a Better Life award Although hormone replacement therapy (HRT) is routinely prescribed for millions of American women with menopause, little is known about its long-term efficacy or its side effects. As more women seek alternatives to the synthetic or animal estrogens used in HRT, a growing body of scientific research suggests that the effects of menopause can be countered naturally, through diet. Using the latest research on nutrition for women, including antioxidant vitamins, calcium, and fats, the authors provide a symptom-by-symptom breakdown to help women recognize and address their nutritional needs. Discover: • Nutrients that nourish your skin from the inside out • What to eat to beat hot flashes and fatigue • Foods that produce natural tranquilizers for your body More than 200 wholesome and fresh recipes reflect both nutrition and cooking expertise, with dishes like Full-of-Vegetables Beef Stew, Garlic Soup with Bruschetta, Curried Barley with Caramelized Onions, and Peach Crumble. All are vibrantly flavored with juices, herbs, and spices from around the world. Recipes for Change opens up a new world of feeling and eating well meeting the challenges of menopause, and providing the wisdom and enthusiasm for good food and good nutrition without the use of HRT.

## Book Information

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## Customer Reviews

Lissa De Angelis, M.S., C.C.P., is a nutritionist with a Masters of Science in Human Nutrition and is certified as a chef and culinary professional. She writes nutrition and cooking columns for several magazines and maintains an active lecture schedule and nutritional consulting business. Molly Siple,

M.S., R.D., is the author of *Healing Foods For Dummies* and a columnist for *Natural Health* magazine. She is an adjunct instructor at Southern California School of Culinary Arts.

this book has all the information needed to develop better eating habits to help move through menopause.

I received this book as a gift about 2 years ago when I had just turned 50. I had moderate PMS and perimenopause and as of yet at age 52 have not entered menopause yet. This has been a fabulous book for me preparing me for those years to come, not to mention it has helped me to stabilize my roller coaster blood sugar. I received this book right about the time I gave up on traditional medicine for treating my Fibromyalgia and went to an acupuncturist and alternative medicine. He put me on a whole foods diet and this book really saved me with loads of terrific and delicious recipes. The authors also give such good support. I feed my husband and sons these recipes and we all enjoy them. I recommend this to all who are serious about their health. Whole foods is really the answer to most of our problems.

Molly Siple's cookbook *Recipes for Change* focuses on eating your way towards good health during perimenopause and menopause. Ms. Siple and Ms. De Angelis, both nutritionists, take great care and expertise in writing this manual. Not only are the recipes delicious, they contain ingredients to stop many of the bothersome complaints of perimenopause and menopause. Both authors have a great understanding for women's desires to treat their complaints naturally and through good food choices. They work to show us how specific foods will help with such problems as insomnia and anxiety. This book has been featured in my online perimenopause/menopause support group HotFlash!. Many of my members have tried their recipes and love them, try the Sunflower seed muffins. Sue RN, BSN : ) [suespa@caro.net](mailto:suespa@caro.net)

I read about this book thru Christiane Northrup, MD's books. The recipes are wonderful, even if you are not going thru menopause. The Oatmeal-Apple Muffin recipe is my favorite -- Every recipe we have tried has been great & we have tried many ..Even my husband likes them. Excellent source of information.. Many thanks to Lissa & Molly for writing this book ! Thank you again and again

I was expecting the recipes to be blah like they are in so many cookbooks, but they are FANTASTIC! I got this book from the library, but I've ordered my own copy because it's so

impressive. The menopause info is helpful, as I'm in the midst of that now, but the recipes are really where it's at in this book. Definitely a keeper!

Don't let the title fool you. You do not have to be experiencing Menopause to get these great recipes. The information they provide is excellent. I use this as my primary recipe book and I have a long way before I hit menopause

This recipe book rejuvenated my interest in eating healthy foods. Note: I did not say health foods. There is a difference. Being a '60's child, I did all the natural/health food routine which served me well over the years. This recipe book adds to that healthy foundation. For all women coming into their wisened (this is a word!) years.

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