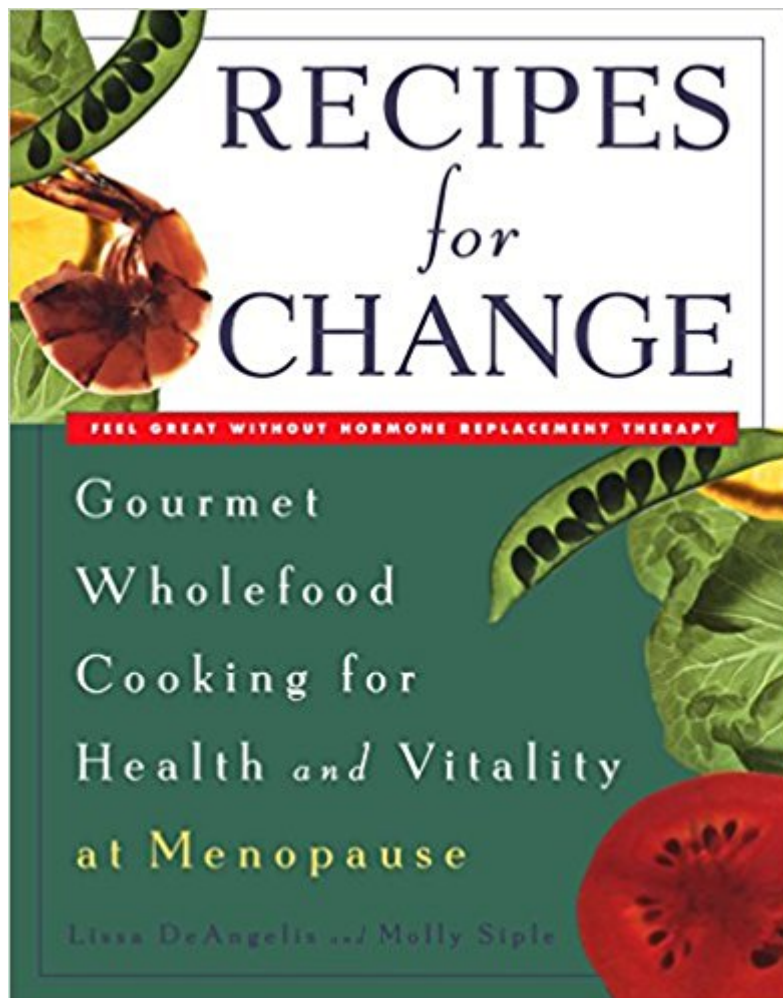




The book was found

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

Paperback: 416 pages

Publisher: Plume (May 1, 1998)

Language: English

ISBN-10: 0452272939

ISBN-13: 978-0452272934

Product Dimensions: 7.3 x 1.2 x 9.3 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 7 customer reviews

Best Sellers Rank: #603,882 in Books (See Top 100 in Books) #32 in Books > Health, Fitness & Dieting > Women's Health > Menopause #274 in Books > Cookbooks, Food & Wine > Cooking Methods > Gourmet #1184 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

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

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.

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

Recipes for Change: Gourmet Wholefood Cooking for Health and Vitality at Menopause Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications The Gourmet Girls Go Camping Cookbook: Amazing Meals Straight from Your Campfire (Gourmet Girls on Fire Cookbook Series 1) Low Carb Recipes: American Cooking Recipes - Paleo Diet Cookbook for Healthy Eating, Quick and Easy Recipes, Weight Loss Cooking Recipes, Salad, 130+ Additive Free, American Recipes Super Nutrition for Menopause: Take Control of Your Life Now and Enjoy New Vitality What's Your Menopause Type? The Revolutionary Program to Restore Balance and reduce Discomforts of Menopause The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013) The Change Before the Change: Everything You Need to Know to Stay Healthy in the Decade Before Menopause The

Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems The
Perfect Menopause: 7 Steps to the Best Time of Your Life [THE PERFECT MENOPAUSE: 7
STEPS TO THE BEST TIME OF YOUR LIFE] by Hess, Henry M. (Author) May-01-2008
Paperback Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation
Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy, and
Endurance Juicing for Health: 81 Juicing Recipes and 76 Ingredients Proven to Improve Health and
Vitality Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation
Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy &
Endurance Camping Cookbook: Camping Recipes Made Easy: 50 Recipes! Featuring Foil Packet
Recipes, Dutch Oven Recipes, Campfire Grilling Recipes, and Campfire Cooking Recipes The
Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods
[120 Recipes for Vitality and Optimal Health]

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)