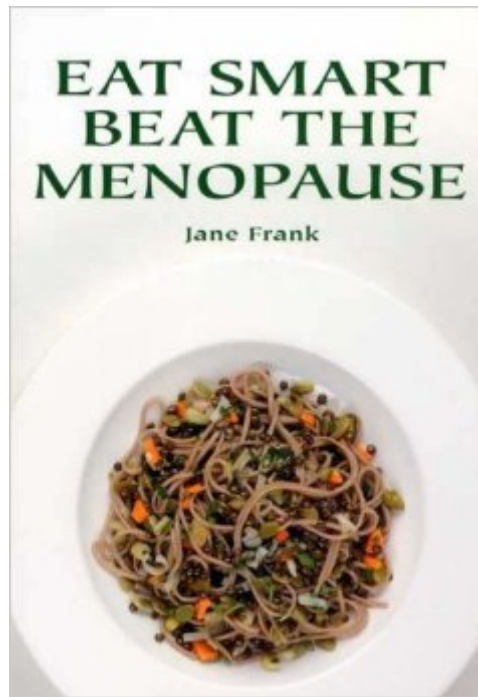


The book was found

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

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