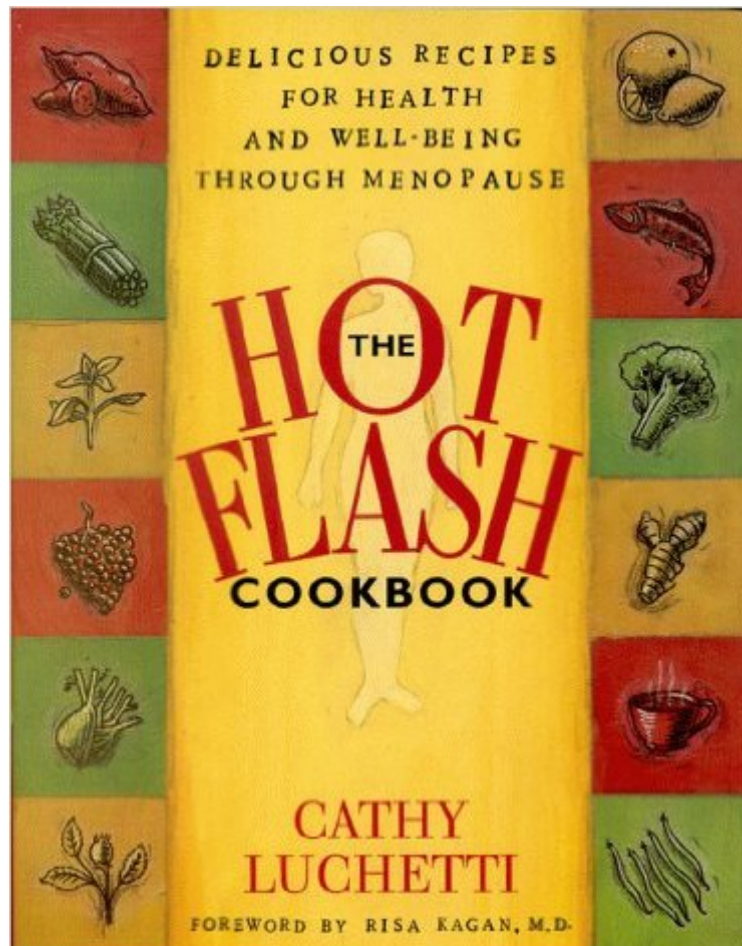


The book was found

Hot Flash Cookbook



Synopsis

As an alternative to taking supplemental oes trogen many women are opting for more natural solutions. Thi s cookbook includes recipes that can help women cope with th e menopause and its side-effects whilst maintaining attracti veness and flavour. ’

Book Information

Paperback: 256 pages

Publisher: Chronicle Books; 1 edition (June 1, 1997)

Language: English

ISBN-10: 0811815404

ISBN-13: 978-0811815406

Product Dimensions: 7.1 x 0.8 x 9.1 inches

Shipping Weight: 15.5 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,603,972 in Books (See Top 100 in Books) #117 inÂ Books > Health, Fitness & Dieting > Women’s Health > Menopause #3884 inÂ Books > Health, Fitness & Dieting > Women’s Health > General #15718 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

The title grabbed my 48 year old body’s attention. The first section of the book gave me insights into how I can help myaelf and my 48 year old man through this physical process we are in. But the recipes.....each one is introduced with explanation as to how the ingredients work for you health. They are each a unique combination of wonderful things, easy to prepare and fun to serve and eat! Plenty of vegetairian recipes!

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