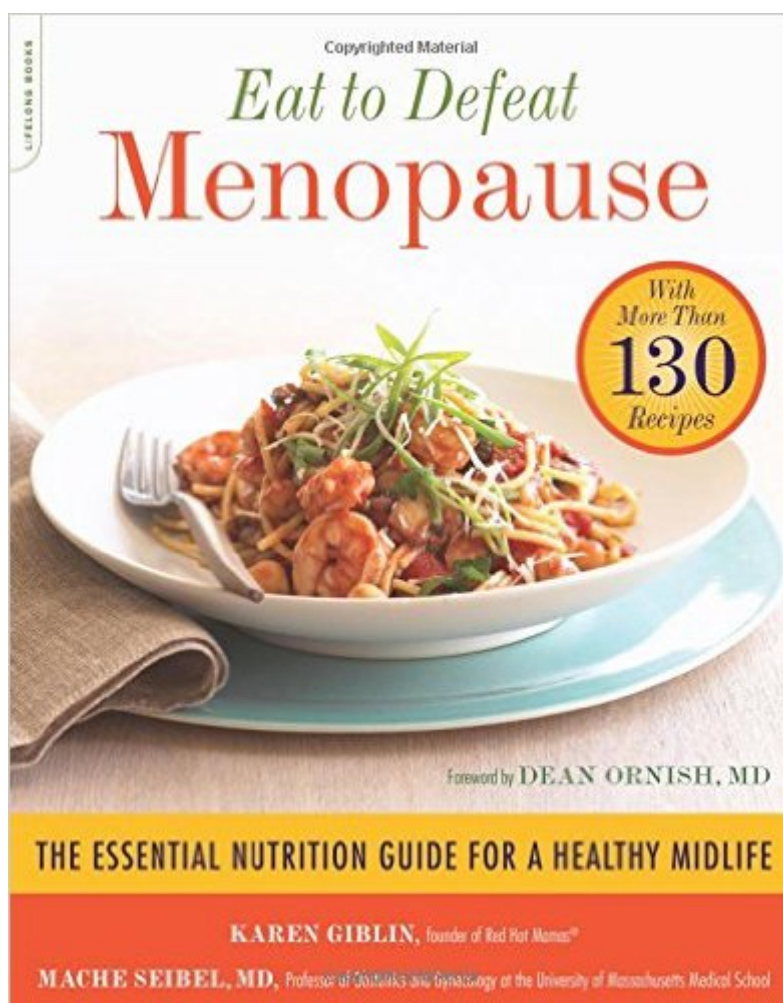


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# Eat To Defeat Menopause: The Essential Nutrition Guide For A Healthy Midlife--with More Than 130 Recipes



## 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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Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (15 customer reviews)

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## Customer Reviews

Eat to Defeat Menopause: The Essential Nutrition Guide for a Healthy Midlife Karen Giblin and Mache Seibel, M.D.[...]Reviewed by: Anne Holmes for the NABBWAuthor Karen Giblin knows her stuff: Recognizing that leadership in the menopause healthcare services arena was sorely needed, she founded Red Hot MamasR, which has become the largest menopause management education program in the US and Canada, in 1991. Her mission: to broaden the base of women's knowledge about menopause and empower them to become educated healthcare consumers and active participants in the management of their own menopause. Today Red Hot Mamas is considered the largest menopause management education program in North America, delivering a variety of services which cater to the needs of this growing market. Giblin's programs have achieved national recognition due to their commitment to defining the pathway to good health - through advocacy,

education, support and research. This book, co-authored with Mache Seibel, MD, Professor of Obstetrics and Gynecology at the University of Massachusetts Medical School, is clearly an extension of her educational mission. It begins with a very wise quote from Moses Maimonides, purportedly AD 1200: "No illness which can be treated by diet should be treated by any other means." Thus the goal of the book is to teach the approximately 50 million women in the United States who are in or near menopause how to make wiser food choices, exercise, and watch their weight in order to live long and be strong. The authors come from different ethnic backgrounds, which adds to the recipe variety: Karen's kitchen specializes in Italian American recipes, while Mache's expertise is in Jewish American cuisine.

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