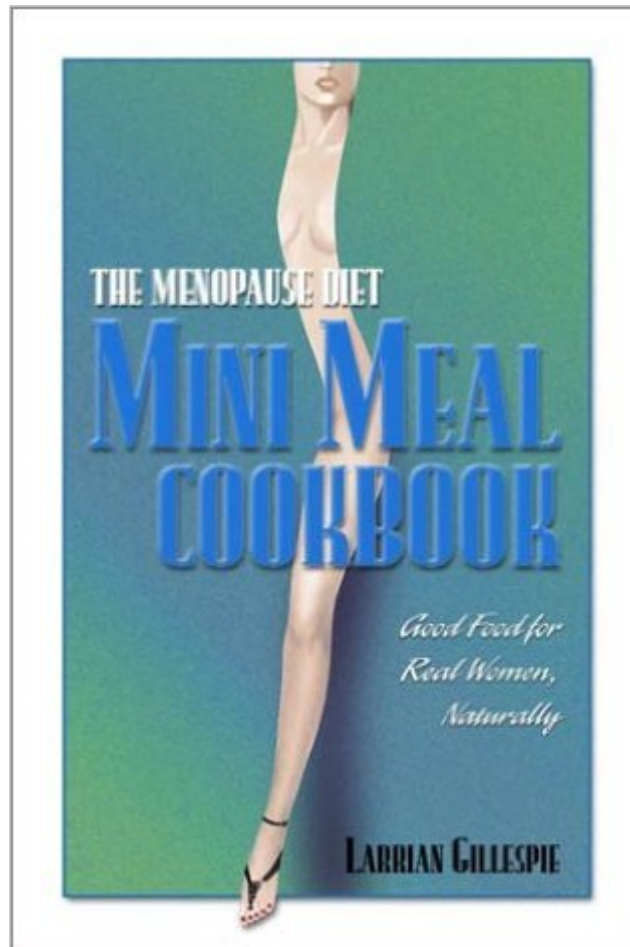


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# The Menopause Diet: Mini Meal Cookbook- Good Food For Real Women, Naturally



## Synopsis

If you thought there was nothing funny about the weight gain of menopause, wait until you read Larrian Gillespie's *The Menopause Diet Mini Meal Cookbook*. Based upon her own research as a physician who dealt with women's health, she has put together a humorous yet quick and easy cookbook as the companion to her ground-breaking health book, "The Menopause Diet." Recognizing that over 50% of women entering menopause are overweight and at risk for heart disease, diabetes and strokes, Larrian has combed the scientific literature to unravel the mystery of why women gain and lose weight differently than men and developed 135 recipes or "mini meals" for women who love to eat their way to a healthy life. *The Menopause Diet Mini Meal Cookbook* includes a unique chapter explaining the medical benefits of including certain foods and spices in your diet and explains why women may be digging their graves with their teeth when they eat a high-glycemic carbohydrate, low protein diet. With more than 5000 women entering menopause daily, Larrian's books offer a lifestyle that improves your chances of living to 100 without the disability brought on by heart disease, diabetes and high blood pressure- all by making food your home pharmacy.

## Book Information

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## Customer Reviews

First off, if you're looking for a "quick fix" diet, the kind that "promises" you'll lose 10 pounds in 2 days, this is NOT the book for you. But if you want to understand why it can be so difficult to lose weight as you reach those menopause years and what sort of changes you need to make to keep the weight off for life, this may be the only book you need. Well-researched and written, it contained

all the information I wanted- details about how the hormonal and physical changes of menopause affect weight gain, the reason why mini-meals are better than larger ones and the type of lifestyle changes I needed to make to take the weight off. And it WORKS- the proof being that I am already 6 pounds lighter in 2 weeks of eating this new way. My only quibble (and it is a minor one) with this book is that the recipes are not necessarily family friendly (but I have to add that my family is very picky about what they'll eat) and they can take some time to make. However, I liked what I did make and the food was satisfying. Bu Even with this minor criticism, the book is more than worth the money for the rest of the information and you can always adapt the food suggestions to your own tastes and that of your family. And for the first time in years, the weight is coming off and I feel great!

This book is still on target for being written in 1999. I lost 27 pounds and have not regained it since I followed Dr. Gillespie's very sound, documented advice. It's all about our hormones, and how they affect our health. The chapter on "Are Hormones Making You Fat?" is worth gold, as it explains why a little ERT ( not HRT..doesn't anyone at MassEDU read???)goes a long way towards protecting us from the diseases brought on by aging and lack of exercise. This plan gets women away from "counting" calories and instead relies upon using protein to start a meal in order to stimulate the release of glucagon, a hormone that helps to lower your insulin response. I learned that progesterone makes me feel bloated and slows down my stomach's emptying, which leads to MORE weight gain. Now I baste in low dose estradiol, exercise and eat fresh fruits, protein and good fats at will and never looked better! Anyone who says this book is pro HRT NEEDS some estrogen because they are going blind! This book was ahead of its time, presenting the dangers of progestins and premarin, yet explaining that nothing is risk free. Don't pass up this book if you want a healthy time during menopause.

The Menopause Diet isn't a week-long Slim-Fast approach to losing that extra 5 lbs. to get into your bathing suit this spring. As those of us who have struggled with mid-life weight gain know, the quick-fix approach just doesn't work. As our bodies change, our eating has to change as well. The Menopause Diet book doesn't contain day-by-day or week-by-week eating plans, but rather it tells you what things to eat and what things to eliminate from your diet to get rid of your "Buddha Belly." Dr. Gillespie gives each of us the tools to make this new way of eating part of our lives; she doesn't dictate each and every mouthful of food. The recipes in The Menopause Diet are wonderful: fresh, healthy, without additives or convenience products. For a more detailed "diet plan," I recommend The Menopause Diet Mini-Meal Cookbook, which actually gives some daily menu recommendations.

The recipes in this book are really good as well. The same goes for The Gladiator Diet book, which is aimed at men. While Dr. Gillespie does use recipes that call for ingredients that might not be familiar to everyone, it is well worth the effort to find those ingredients and make the recipes. An added benefit is that the flavors and ingredients that might be new and different for some people, help to keep your mind off the fact that you aren't eating the high-carb, pot-belly-producing meals that got you to the point of buying a diet book in the first place. The Mini-Meal plan keeps you from being hungry, and the diet really, REALLY works to remove that menopausal pot belly. I can't recommend it enough. In addition to The Menopause Diet (which gives the whys and hows of the plan), and The Menopause Diet Mini-Meal Cookbook, which gives menu suggestions and many, many recipes, I recommend adding The Gladiator Diet book as well--if not for your spouse, or other male relative or friend--get it for the recipes! Try the Thai Waterfall Salad--it's really fantastic!

"The Menopause Diet" is an excellent guide for women to a healthier life. I purchased Dr. Gillespie's first book, "You Don't Have to Live With Cystitis", many years ago. I still use it as an invaluable reference. When I heard of her new book, "The Menopause Diet", I had to have it. I had just turned 40 and had started experiencing bloating and weight gain. The book did not disappoint. In her usual easy to read, witty style Dr. Gillespie explains what changes our bodies are going thru during this time in our lives and, most importantly, what to do to get and stay healthier. She discusses many aspects of menopause including diet, hormone replacement, nutritional supplements and exercise. I am now confident, with this book as a reference, I can make healthy lifestyle changes and educated decisions to gracefully make it thru menopause.

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