



Healthy Eating for the Menopause: Britain's Leading Nutritional Therapist and a Top Chef Create 100 Really, Really Delicious Recipes (Revised edition)

By -



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Kyle Books. Paperback. Book Condition: new. BRAND NEW, Healthy Eating for the Menopause: Britain's Leading Nutritional Therapist and a Top Chef Create 100 Really, Really Delicious Recipes (Revised edition), Marilyn Glenville explains how your diet can work as a natural alternative to hormone replacement therapy and give you results far superior to any drug. Devising recipes rich in the three beneficial food groups - phytoestrogens, essential fatty acids and antioxidants, which are contained naturally in many everyday ingredients - Marilyn Glenville and Lewis Esson have created menus for all the meals in the day. The first part of the book is a comprehensive section on understanding the menopause, what food you need to eat and foods that you need to avoid. With this knowledge, you can then go on to cook a range of tantalising and inspiring recipes. Try Middle-Eastern Pancakes for breakfast, Courgette Risotto for lunch and Pizza Marinara for supper. Simple to prepare and made from easily accessible ingredients, these recipes can also be used for everyday family eating as well as entertaining.



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