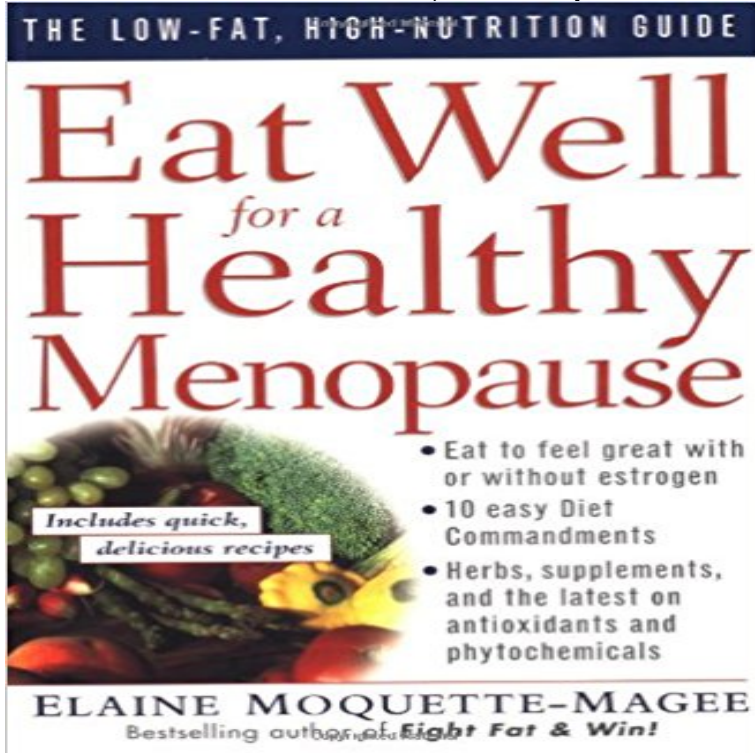


Eat Well for a Healthy Menopause: The Low-Fat, High Nutrition Guide



Good Food for a Healthy Menopause Nutrition expert Elaine Moquette-Magee gives you all the dietary advice you need to manage your menopause naturally and comfortably. By following her 10 Diet Commandments for Menopause and Beyond, you can alleviate discomfort, minimize the risks associated with hormone replacement therapy, and slow down the aging process. Discover: How to increase your estrogen naturally The best ways to increase your energy level, and ward off cancer, heart disease, and osteoporosis The latest information on antioxidants and phytochemicals Nutrition tables and charts for easy reference Simple and delicious recipes that incorporate all the right foods and nutrients

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