



Eat to Defeat Menopause: The Essential Nutrition Guide for a Healthy Midlife--with More Than 130 Recipes

Karen Giblin, Mache Seibel

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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.

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