

The Natural Estrogen Diet Healthy Recipes For Pre Menopause And Menopause

Do you want to sail through your late 30's, 40's, 50's and beyond, enjoying radiant health and well-being, free of tiredness, insomnia, memory loss, anxiety and depression? Then, Healthy Natural Estrogens will provide you with the essential support that you need. These natural estrogens are also very beneficial during your late 30's and 40's when your own levels of this essential hormone are beginning to change during perimenopause. Written by Susan Richards, M.D., one of the most renowned women's alternative medicine experts, this book provides the most up-to-date and essential information on healthy, natural estrogens. Millions of women have turned away from using conventional estrogen replacement therapy with its many side effects and health issues like increasing the risk of heart disease and breast cancer, and are looking for safe, effective alternative therapies. This book is based on Dr. Richards extensive experience using natural, alternative hormone therapies that has brought relief and healing to many thousands of her patients with low estrogen levels. It is also based on her thorough knowledge of the medical and alternative research in this field. The lack of estrogen creates many uncomfortable symptoms including hot flashes, insomnia, mood changes, anxiety, depression, loss of sex drive, memory loss, wrinkling and thinning of the skin and weight gain. The incidence of osteoporosis, heart disease, high blood pressure and arthritis also increases dramatically as estrogen levels diminish. Her patient Maria was distressed by her lack of energy and loss of sex drive, while Tamara consulted Dr. Richards because her low estrogen levels were causing hot flashes and sleepless nights. Judith came to see her because she had low bone density and was concerned about her weight gain and moodiness. All of these women benefited greatly from her all-natural estrogen support program. In Healthy Natural Estrogens, Dr. Richards has included: - Essential information about estrogen, how women produce and metabolize estrogen in their bodies as well as the transition into and symptoms of perimenopause and menopause - Very helpful questionnaire to chart your symptoms and risk factors - Important information about how to test for estrogen levels in the body to determine your hormonal status - The best therapeutic foods that eliminate symptoms of estrogen deficiency as well as foods to avoid that deplete estrogen levels and worsen your symptoms - The most effective vitamins, minerals, herbs, amino acids, essential fatty acids that you can use as an alternative to conventional estrogen replacement therapy (ERT) - Essential information on bioidentical estrogen therapy, its benefits, how to best use it, recommended dosages, precautions - The estrogen support benefits of stress reduction and aerobic exercise

Menopause is uncharted territory for every woman, and it's often difficult to know what you can do to ease the effects of hormonal changes without medication. With honesty and optimism, The Menopause Diet Plan encourages women to

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take a positive approach to managing their physical health and emotional well-being during perimenopause and beyond by offering easy, natural strategies for managing their weight, hot flashes, sleep difficulties, mood swings, bone health, and more. It highlights the current scientific evidence on the best diet and exercise plan for weight control and how to keep your heart, brain, and bones healthy while decreasing your risk for cancer and other chronic conditions. Registered dietitians Hillary Wright and Elizabeth Ward suggest targeted lifestyle changes including stress management, healthy eating strategies, and dietary supplements, and they balance evidence-based recommendations with real-life circumstances. The Menopause Diet Plan is unique, taking the best advice from the world's healthiest diets and combining it with science-based nutrition and lifestyle advice to address common concerns during, and after, the transition through menopause. It also includes delicious recipes such as Peanut Butter Smoothie, Chicken Italiano, and Chocolate Oatmeal Energy Bars to inspire a balanced eating plan that benefits women at this stage of life. With a comprehensive approach to better health before, during, and after menopause, The Menopause Diet Plan gives women the chance to take charge of their health and live life to the fullest.

Are you interested in using natural remedies to your advantage? If you are suffering from pain associated with a headache, toothache, or arthritis, you may be. Home remedies can also provide assistance with those looking to kill head lice, remove an unsightly wart, and so much more. In fact, that is one of the reasons why home remedies are so popular, because they can be used to treat, cure, or seek relief for a number of minor medical complications. In this ebook you'll find some very helpful tips on natural remedies, herbal remedies, home remedies, treatments that work and much more. With this ebook discover: - Proof That Natural Remedies Really Works - 10 Questions Answered About Natural Remedies - How Natural Remedies Isn't as Bad as You Think - And More GRAB A COPY TODAY!

Minimize the symptoms of perimenopause and menopause naturally through a sustainable, enjoyable eating plan, physical activity, and other beneficial lifestyle habits “My friends and well-respected colleagues have written The Menopause Diet Plan to help you feel healthier, happier, and more confident during this change in your life.”—Maye Musk, MS, RDN, and author of A Woman Makes a Plan Menopause is uncharted territory for women, and it can be difficult to know how to ease the effects of hormonal changes that can often start in your 40s. With honesty and optimism, The Menopause Diet Plan encourages a positive, fad-free approach to managing your physical and emotional health during perimenopause and menopause. It highlights current scientific knowledge about the best diet and lifestyle choices to manage your weight; keep your heart, brain, and bones healthy; and decrease the risk for cancer and other chronic conditions. It also offers natural strategies to help diminish hot flashes, manage sleep difficulties and mood swings, improve energy, and more. The Menopause Diet Plan takes a unique approach to eating before, during, and after

menopause. Registered dietitians Hillary Wright and Elizabeth Ward provide a customizable, plant-based eating plan that is rich in protein, fiber, and other beneficial nutrients, moderate in carbohydrates, and low in saturated fat, sodium, and added sugars. Balancing evidence-based advice with real-life circumstances and personal experience, it combines the best of the world's healthiest diets with the latest nutrition research for women in the menopause transition. Recipes such as Peanut Butter Smoothie, Chicken Italiano, and Chocolate Oatmeal Energy Balls make it easier to eat delicious, satisfying foods that nourish your body. With a comprehensive approach to better health, The Menopause Diet Plan helps women take charge of their well-being and live life to the fullest.

NY Times best-selling author Dr. Michael Roizen reveals how the food choices you make each day--and when you make them--can affect your health, your energy, your sex life, your waistline, your attitude, and the way you age. What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot. What to Eat When is not a diet book. Instead, acclaimed internist Michael Roizen and preventive medicine specialist Michael Crupain offer readers choices that benefit them the most--whether it's meals to help them look and feel younger or snacks that prevent diseases--based on the science that governs them.

The Natural Estrogen Diet & Recipe Book Healthy Recipes for Perimenopause and Menopause Hunter House

A revitalizing nutritional program for menopausal women challenges practices that use pills and hormone therapy, cites the origins of menopausal symptoms in poor lifestyle habits, and recommends a regime of natural foods and exercise in order to combat common problems. Original. 12,500 first printing.

Women need estrogen, but estrogen levels diminish with age. In the short term, estrogen's departure leaves most women in a frequently overheated, uncomfortable state. In the long term, its exodus places their hearts, bones, and brains in harm's way. And conventional hormone replacement therapy, with its potentially distressing side effects and increased risk of breast cancer, doesn't provide a reassuring rescue. Faced with every menopausal woman's frightening estrogen dilemma, Nina Shandler discovered exciting news: Some foods contain estrogen. She headed straight for the kitchen and created this easy-to-swallow alternative. Part eating program, part cookbook, Estrogen: The Natural Way shows women how to make fast, fun food using nature's estrogenic ingredients. From breakfast bars to soups, from main courses to desserts, Estrogen: The Natural Way provides a gentle yet effective version of estrogen replacement therapy.

- Lower your risk of metabolic disorders, disease, and chronic weight gain
- Protect yourself against the estrogenic substances in the

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environment, products, water, and food • Learn how certain foods and herbs can protect you! Estrogenic chemicals—known for causing the near extinction of various living species—are found in some of the most common foods we eat. In this revolutionary diet book, Ori Hofmekler addresses the millions of overweight and obese individuals who have failed or are disappointed with other diets—those who suffer from yo-yo dieting, weight gain rebounds, or accumulation of stubborn fat in the belly and other estrogen-sensitive areas. Focusing on our current over-exposure to estrogenic chemicals in the environment, foods, and water, *The Anti-Estrogenic Diet* provides a practical solution to fat gain, estrogen-related disorders (PMS, endometriosis, fibrocystic disease), and increased risk of common cancers in women and men (breast, ovarian, cervical, prostate). Allowing you to still enjoy your favorite foods, the program is based on incorporating anti-estrogenic foods, spices, and herbs into your diet, while eliminating estrogenic foods and chemicals. Exposing dietary myths and fallacies, Hofmekler teaches readers that some foods commonly regarded as “healthy” may actually be harmful and vice versa. Special chapters dedicated to readers with different needs and health conditions, recipes, a question-and-answer section, and a list of scientific references are also included in this valuable resource.

Dr. Linda Page's *Natural Solutions to America's 10 Biggest Health Problems* Food is powerful medicine. Sometimes it's your best medicine... even for difficult disease. Linda Page, America's foremost nutrition and herb expert, has worked with this healing principle for over two decades and has written this book as your primary guide to using food as your best medicine. In *Diets for Healthy Healing*, each chapter reviews a health problem and provides an easy-to-follow nutrition plan. Healing recipes, nutritional supplements, whole herbs, bodywork and exercise recommendations are included as part of the healing program.

Learn to eat in harmony with the fat hormone leptin and take charge of your health.

Bestselling author Maryon Stewart's life-changing plan and recipes are a proven alternative to HRT, tailored to help you regain your zest for living, restore your libido and protect your heart, bones and memory for the long term. The effects of menopause can be utterly debilitating for women, ravaging their physical, mental and emotional health and often their careers and relationships too. But conventional therapies come with side effects that sometimes seem nearly as bad. Bestselling author Maryon Stewart shows how you can alleviate the symptoms of menopause – naturally and effectively; through diet, supplements, herbal remedies, exercise and relaxation. *The Natural Menopause Plan* includes more than 90 delicious recipes. All are easy to make and brimming with vital nutrients, such as calcium, magnesium and essential fatty acids. Many are especially designed to include naturally occurring estrogens (phytoestrogens); a safe and effective alternative to HRT. You'll find delicious smoothies, pancakes and muesli recipes for breakfast. Lunch and dinner choices include fresh salads, soups, risotto, bakes, curries, stir-fries and more, with plenty of options for special diets. Desserts and snacks offer choices like cheesecake, fruit salads, cakes, bars and breads. Each is specially designed to alleviate menopausal symptoms in a healthful, lasting way. Complete with authoritative nutritional information, this is the ultimate guide to combating the effects of menopause the natural way.

The Natural Estrogen Diet and Recipe Book provides an alternative to menopause treatment that avoids hormone replacement therapy. The book not only features nutritious and tasty recipes but also explains how plant estrogens can alleviate the symptoms of menopause.

This first-ever Surgeon General's Report on bone health and osteoporosis illustrates the large burden that bone disease places on our Nation and its citizens. Like other chronic diseases that disproportionately affect the elderly, the prevalence of bone disease and fractures is projected to increase markedly as the population ages. If these predictions come true, bone disease and fractures will have a tremendous negative impact on the future well-being of Americans. But as this report makes clear, they need not come true: by working together we can

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change the picture of aging in America. Osteoporosis, fractures, and other chronic diseases no longer should be thought of as an inevitable part of growing old. By focusing on prevention and lifestyle changes, including physical activity and nutrition, as well as early diagnosis and appropriate treatment, Americans can avoid much of the damaging impact of bone disease and other chronic diseases. This Surgeon General's Report brings together for the first time the scientific evidence related to the prevention, assessment, diagnosis, and treatment of bone disease. More importantly, it provides a framework for moving forward. The report will be another effective tool in educating Americans about how they can promote bone health throughout their lives. This first-ever Surgeon General's Report on bone health and osteoporosis provides much needed information on bone health, an often overlooked aspect of physical health. This report follows in the tradition of previous Surgeon Generals' reports by identifying the relevant scientific data, rigorously evaluating and summarizing the evidence, and determining conclusions.

Sexuality and well being are the foundation of life. Learn how diet, exercise, herbs, scents, sounds, sights and the natural sciences can enhance your health and your sexuality. Because Sex Matters!

Provides information on how to manage the symptoms of perimenopause and menopause by eating foods high in natural estrogen, discussing some of the symptoms of menopause; explaining how plant, or phytoestrogens, can work to relieve those symptoms; considering the additional benefits of phytoestrogens; and including recipes.

This nationally bestselling book explains the shocking new science of how hormones are wreaking havoc on the body, and the delicious solution that improves health, reduces pain, and even helps to shed weight. Hidden in everyday foods are the causes of a surprising range of health problems: infertility, menstrual cramps, weight gain, hair loss, breast and prostate cancer, hot flashes, and much more. All of these conditions have one thing in common: they are fueled by hormones that are hiding in foods or are influenced by the foods we eat. Your Body in Balance provides step-by-step guidance for understanding what's at the root of your suffering-and what you can do to feel better fast. Few people realize that a simple food prescription can help you tackle all these and more by gently restoring your hormone balance, with benefits rivaling medications. Neal Barnard, MD, a leading authority on nutrition and health, offers insight into how dietary changes can alleviate years of stress, pain, and illness. What's more, he also provides delicious and easy-to-make hormone-balancing recipes, including: Cauliflower Buffalo Chowder Kung Pao Lettuce Wraps Butternut Breakfast Tacos Mediterranean Croquettes Apple Pie Nachos Brownie Batter Hummus Your Body in Balance gives new hope for people struggling with health issues. Thousands of people have already reclaimed their lives and their health through the strategic dietary changes described in this book. Whether you're looking to treat a specific ailment or are in search of better overall health, Dr. Neal Barnard provides an easy pathway toward pain relief, weight control, and a lifetime of good health.

Eat your way to better health and well-being Making simple changes to your diet can significantly improve your health, from easing your menstrual and menopausal symptoms to strengthening your bones and protecting your heart. This book shows you how. Drawing from the latest medical and dietary research, Healthy Eating for Life for Women presents a complete and sensible plant-based nutrition program that will help you look and feel better, with more energy and vitality than ever before. This book gives you a clear look at how women's bodies work and how common health problems arise, then provides detailed nutritional guidelines that have been carefully drafted by Physicians Committee nutrition experts. It includes over 100 delicious, easy-to-make recipes to help you put these healthy eating principles to work right away. Healthy Eating for Life for Women contains important information on: * Age-proofing from the inside out * Losing weight * Improving fertility and alleviating PMS * Relieving menopausal symptoms * Preventing cancer and arthritis * And more No matter what your age or diet

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history, this book will give you the crucial knowledge you need to take charge now- of your eating, your health, and your life. Also available:
Healthy Eating for Life to Prevent and Treat Cancer (0-471-43597-X) Healthy Eating for Life to Prevent and Treat Diabetes (0-471-43598-8)
Healthy Eating for Life for Children (0-471-43621-6)

The instant New York Times bestseller! "In *The XX Brain*, Lisa meticulously guides us in the ways we can both nourish and protect ourselves, body and mind, to ensure our brains remain resilient throughout our lives." --from the foreword by Maria Shriver The first book to address cognitive enhancement and Alzheimer's prevention specifically in women--and to frame brain health as an essential component of Women's Health. In this revolutionary book, Dr. Lisa Mosconi, director of the Women's Brain Initiative at Weill Cornell Medical College, provides women with the first plan to address the unique risks of the female brain. Until now, medical research has focused on "bikini medicine," assuming that women are essentially men with breasts and tubes. Yet women are far more likely than men to suffer from anxiety, depression, migraines, brain injuries, and strokes. They are also twice as likely to end their lives suffering from Alzheimer's disease, even when their longer lifespans are taken into account. But in the past, the female brain has received astonishingly little attention and was rarely studied by medical researchers-- resulting in a wealth of misinformation about women's health. *The XX Brain* confronts this crisis by revealing how the two powerful X chromosomes that distinguish women from men impact the brain first and foremost and by focusing on a key brain-protective hormone: estrogen. Taking on all aspects of women's health, including brain fog, memory lapses, depression, stress, insomnia, hormonal imbalances, and the increased risk of dementia, Dr. Mosconi introduces cutting-edge, evidence-based approaches to protecting the female brain, including a specific diet proven to work for women, strategies to reduce stress, and useful tips for restorative sleep. She also examines the controversy about soy and hormonal replacement therapy, takes on the perils of environmental toxins, and examines the role of our microbiome. Perhaps best of all, she makes clear that it is never too late to take care of yourself. *The XX Brain* is a rallying cry for women to have full access to information regarding what is going on in their brains and bodies as well as a roadmap for the path to optimal, lifelong brain health.

OVER 3 MILLION BIBLE CURE BOOKS SOLD FROM THE NEW YORK TIMES BEST SELLING AUTHOR OF THE SEVEN PILLARS OF HEALTH AND I CAN DO THIS DIET Have you arrived at "the change of life" yet?

For women that want to regain energy and life vitality, get back to a healthy weight, kick anxiety, depression and brain fog, lower inflammation, feel strong and fit in their bodies

Superfoods and functional foods are receiving increasing attention because of their important roles in health. This book focuses on the production of superfoods and functional foods and their role as medicine. In the early chapters, prominent researchers introduce the roles and production of microalgae and functional fruits through metabolic engineering, the use of food waste, and effective cooking procedures. In the latter chapters, other prominent researchers introduce the medical effects of polyphenols, glutamine, and unsaturated fatty acids, which are contained in superfoods and functional foods. They suggest the importance of superfoods and functional foods in the treatment and prevention of many diseases. It is also recommended for readers to take a look at a related book, *Superfood and Functional Food: An Overview of Their Processing and Utilization*.

Nutrition and Diet in Menopause is a single comprehensive source that will provide readers with an understanding of menopause. Holistic in its approach, this volume is divided into five sections covering psychological, endocrine and lifestyle factors, metabolism and physiology, bone and nutrition, cancer and nutrition, cardiovascular factors and dietary supplements in menopause. In-depth chapters review the potential

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long term consequences of menopause on the overall health of women, not only at the physical level including hot flashes (flashes) , alterations to the genitourinary system, skin changes, decreased cardiovascular functions, hypertension, headache, back pain, and constipation. Written by international leaders and trendsetters, Nutrition and Diet in Menopause is essential reading for endocrinologists, cardiologists, nutritionists and all health care professionals who are interested in women's health.

Make menopause a change for the better! Are you entering menopause? Would you like to be prepared for it when it arrives? Whether the change of life is upon you or years away, now is the best time to find out all you can about this natural life process. The more you know, the better you can take care of yourself. And the healthier you are, the easier your menopause is likely to be. Written by two authorities in complementary medicine and women's health issues, Menopause the Natural Way is a compassionate guide that combines mainstream and alternative medical approaches into a simple, six-step program that helps you create a healthy and empowering passage through menopause. You'll learn about: * Using a journal as a valuable tool for managing your menopause * Nutrition and menopause—foods and vitamins for your body's changing needs * Using herbs to balance your body and to treat and reverse symptoms * Pleasurable exercises proven to reduce menopause symptoms and promote health—from yoga and tai chi to aerobic and weight-bearing routines * Managing stress known to trigger menopause symptoms * Rebalancing your hormones through natural and medical hormone therapy Uniquely created from a woman's perspective, Menopause the Natural Way offers you a supportive, natural, noninvasive way to manage your menopause while feeling great.

The only cookbook you'll need to help you eat right during the menopause. In this in-depth and fascinating book, leading nutritionist Marilyn Glenville offers dietary advice for women going through the menopause. In a detailed introduction Marilyn examines what the menopause is and what symptoms occur, the role of oestrogen and the effect of hormones, as well as what food you should and shouldn't be eating. The following chapters are made up of delicious recipes from award-winning food writer Lewis Esson, covering every meal of the day as well as side dishes and. There is also a handy shoppers guide and information for further advice to keep you on track. Dishes such as Middle Eastern Pancakes for breakfast, Masoor Dhal with Cabbage for a main meal and Clafoutis for dessert mean you can eat both delicious and nutritiously beneficial meals every day.

This book is designed to help those with the progressive vision loss caused by macular degeneration. The leading cause of blindness in people over 50, the disease is more common than cataracts and glaucoma combined.

The Harvard-educated physician and New York Times bestselling author of The Hormone Cure shows you how to grow new receptors for your seven metabolic hormones, making you lose weight and feel great fast! When it comes to weight loss, most people don't think about hormones. But when you develop resistance to your seven major metabolic hormones—cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogen—your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism. And a slower metabolism leads to weight gain and difficulty losing weight. The solution, Dr. Sara Gottfried contends, is to reset the efficiency of your hormones by repairing and growing new hormone receptors. Based on leading scientific research, The Hormone Reset Diet is her proven weight loss and energy program to reverse hormone resistance in just three weeks. It will help you: Boost your metabolism and calorie burning by growing new and fresh thyroid

receptors; Increase your weight loss by re-balancing estrogen and progesterone receptors; Reverse your aging by resetting glucocorticoid receptors (for better processing cortisol). For the last twenty years, this Harvard-MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most: excess weight, lack of energy, aging, and illness. Going beyond her bestselling *The Hormone Cure*, this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss.

America's perceptions about the inevitable effects of aging are about to be completely rethought, thanks to groundbreaking new information from an internationally known expert on hormones and antiaging medicine. Thierry Hertoghe, M.D., has an important message to share: people are aging unnecessarily. Based on thirty-five years of scientific studies, *The Hormone Solution: Stay Younger Longer with Natural Hormone and Nutrition Therapies* is the first book that offers a prescriptive program to counter memory loss, weight gain, wrinkles, shrinking muscle mass, impotence, hair loss, and a host of other signs and symptoms of aging. Dr. Hertoghe offers an effective program of hormone replacement therapy using safe, low doses of natural hormones—in conjunction with a healthy diet and vitamin and mineral supplements—to help people maintain physical, mental, and emotional health and literally restore their bodies to a state that's three to twelve years younger than their actual age. He identifies the fifteen main, crucial hormones found in the body and explains the process that restores each one to its correct level. With a foreword by renowned doctor Barry Sears, *The Hormone Solution* is filled with self-scoring checklists, eating plans, nutritional prescription plans, and hormone shopping lists that help every reader calculate his or her personal hormone profile. Dr. Hertoghe is revolutionizing the medical field with his work, showing us how to treat chronic illnesses and the large and small aspects of aging by using preventive measures to drastically slow the aging process and its effects without costly procedures and surgeries. *The Hormone Solution* is a landmark publication that will revolutionize how people age, enabling us to live longer, healthier, and happier lives.

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives. Alisa Vitti says that medication and antidepressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, *WomanCode* educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called *WomanCode* the 'Our Bodies, Ourselves of this generation', provides an insightful foreword. Part I provides important facts about estrogen as well as how women produce and metabolize estrogen in their bodies. Part II

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discusses natural estrogen therapies including best foods, vitamins, minerals, herbs, essential fatty acids and bioidentical estrogen therapy that can be used as an alternative to conventional ERT. Part III provides the dietary choices to maintain healthier estrogen levels and to support your health. Dr. Lark discusses foods to avoid that deplete estrogen levels, and also the estrogen support benefits of stress reduction and aerobic exercise.

Many of us experience signs and symptoms of hormonal imbalance every day. Do you have trouble dragging yourself out of bed in the morning? Ever have an uncontrollable sugar craving at 3 p.m.? Chronic headaches? Lack of energy? Do you get stressed just sitting in your office? Our bodies are wired to send us signals when something isn't right, but often we're too busy to hear them. Compounding the problem is a lack of understanding about the consequences if these symptoms are left unaddressed. Without hormonal balances, we are more likely to succumb to many diseases and illnesses. The Hormone Diet lays out a foolproof plan to balance your life, one hormone at a time. But it is more than just a diet book. Along with advice for weight loss, Dr. Natasha Turner provided recommendations for anti-inflammatory detox, nutritional supplements, exercise, sleep, stress management, toxin-free skin care, and natural hormone replacement combined with a diet plan—all incorporated into a 3-step wellness program focused on the essentials of hormone balance for lasting health.

Does it feel as if you're fighting your body to lose even one pound—or just to maintain your current weight? Respected health and wellness expert and bestselling author Jillian Michaels has been there, too. So she consulted top experts in the field of metabolism and discovered that she'd inadvertently been abusing her endocrine system for years. After "fixing" her own metabolism, she decided to share what she learned by devising this simple, 3-phase plan that engages all the weight-loss hormones (including the friendly HGH, testosterone, DHEA; and the not-so-friendly: insulin, cortisol, and excess estrogen). In *Master Your Metabolism*, discover how to:

- REMOVE "anti-nutrients" from your diet
- RESTORE foods that speak directly to fat-burning genes
- REBALANCE energy and your hormones for effortless weight loss

Michaels offers a wealth of information throughout, including: shopping lists and online shopping resources, hormone-trigger food charts, how to eat "power nutrient" foods on a budget, smart strategies for eating out, quick and easy recipes, as well as mini-programs for addressing PMS, andropause, metabolic syndrome, PCOS, and menopause.

Both a cookbook with over 55 soy-based recipes and a well-researched guide to women's health during this natural stage of transition, this book shows how to incorporate plant-based estrogens into the diet to reduce menopausal symptoms. 30 illustrations.

The Food Connection will show you: How to balance your hormonal system to positively affect weight, motivation, sleep patterns and cognitive abilities How to jump start your health with the seven-day "World's Best Diet" The 17 bioenergetic foods to eat daily How food affects your mood at breakfast, lunch and dinner Why men and women must take different approaches to ensure their hormonal health How to assess your Biological Age — and take quick steps to improve your

health.

A nutrition and fitness expert shares an effective, no-fuss way to lose weight—and keep the pounds off—through a diet rich in anti-estrogenic foods, spices, and herbs. Estrogenic chemicals—known for causing the near extinction of various living species—are found in some of the most common foods we eat. In this revolutionary diet book, Ori Hofmekler addresses the millions of overweight and obese individuals who have failed or are disappointed with other diets—those who suffer from yo-yo dieting, weight gain rebounds, or accumulation of stubborn fat in the belly and other estrogen-sensitive areas. He shows you how to:

- Lower your risk of metabolic disorders, disease, and chronic weight gain
- Protect yourself against the estrogenic substances in the environment, products, water, and food
- Pick foods and herbs that can protect you

Focusing on our current over-exposure to estrogenic chemicals in the environment, foods, and water, *The Anti-Estrogenic Diet* provides a practical solution to fat gain, estrogen-related disorders (PMS, endometriosis, fibrocystic disease), and increased risk of common cancers in women and men (breast, ovarian, cervical, prostate). Allowing you to still enjoy your favorite foods, the program is based on incorporating anti-estrogenic foods, spices, and herbs into your diet, while eliminating estrogenic foods and chemicals. Exposing dietary myths and fallacies, Hofmekler teaches readers that some foods commonly regarded as “healthy” may actually be harmful and vice versa. Special chapters dedicated to readers with different needs and health conditions, recipes, a question-and-answer section, and a list of scientific references are also included in this valuable resource.

Understanding estrogen and foods that benefit your health.

Provides up-to-date information on natural alternatives to synthetic hormone replacement therapy, including new studies on using natural progesterone to combat a multitude of illnesses such as hormone deficiency, PMS, fibromyalgia, depression, miscarriages, and infertility. Original.

"We want to examine what the scientific evidence suggests is really going on when we eat food, and how we can eat and live in a way that best gives us the health benefits of a hunter-gatherer lifestyle while living in and enjoying the advantages of the modern world. We also hope to use the evidence to explore how we can increase our chances of avoiding chronic diseases, obesity, and other health problems -- the "Diseases of Civilization." -- page 7.

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