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Hot Flash Cookbook

DELICIOUS RECIPES FOR HEALTH AND WELL-BEING THROUGH MENOPAUSE

CATHY LUCHETTI

FOREWORD BY RISA KAGAN, M.D.

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Synopsis

As an alternative to taking supplemental oestrogen many women are opting for more natural solutions. This cookbook includes recipes that can help women cope with the menopause and its side-effects whilst maintaining attractiveness and flavour.

Book Information

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Customer Reviews

The title grabbed my 48 year old body's attention. The first section of the book gave me insights into how I can help myself and my 48 year old man through this physical process we are in. But the recipes.....each one is introduced with explanation as to how the ingredients work for you health. They are each a unique combination of wonderful things, easy to prepare and fun to serve and eat! Plenty of vegetarian recipes!