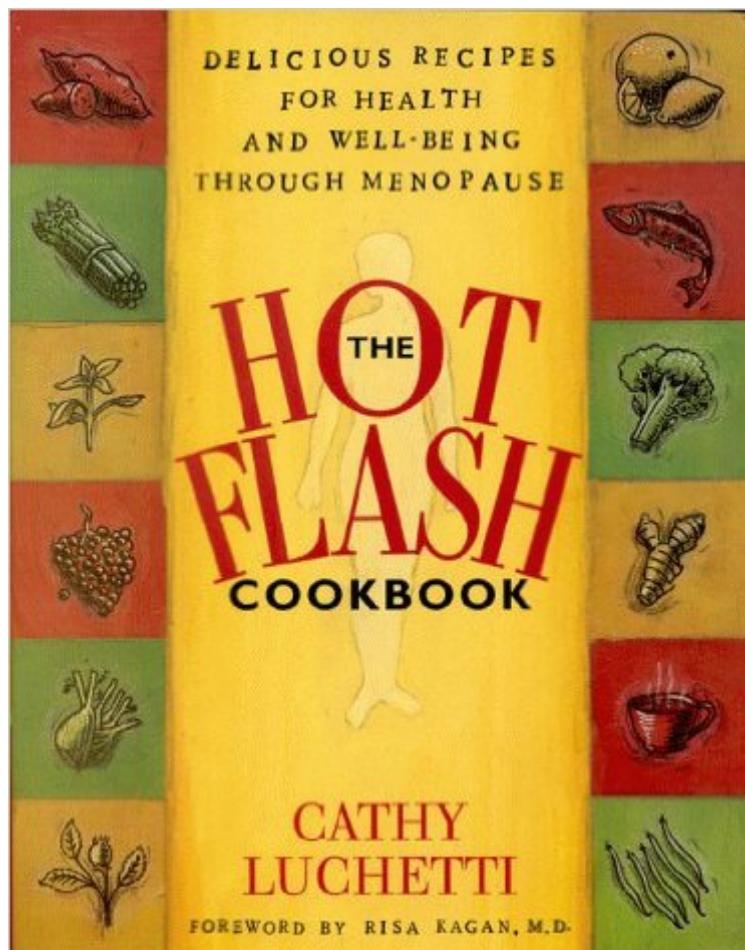


The book was found

Hot Flash Cookbook



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

Paperback: 256 pages

Publisher: Chronicle Books; 1 edition (June 1, 1997)

Language: English

ISBN-10: 0811815404

ISBN-13: 978-0811815406

Product Dimensions: 7.1 x 0.8 x 9.1 inches

Shipping Weight: 15.5 ounces

Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #1,603,972 in Books (See Top 100 in Books) #117 in Books > Health, Fitness & Dieting > Women's Health > Menopause #3884 in Books > Health, Fitness & Dieting > Women's Health > General #15718 in Books > Cookbooks, Food & Wine > Special Diet

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 your health. They are each a unique combination of wonderful things, easy to prepare and fun to serve and eat! Plenty of vegetarian recipes!

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