

Eat To Beat Menopause Over 100 Recipes To Help You Overcome Symptoms Naturally

First published in the UK. Provides advice on dealing with over 100 diseases or disorders, including acne, anaemia, back pain and pre-menstrual tension. Provides 10 dietary choices, including gluten-free, dairy-free and weight-loss diets, which have been found useful in treating a range of health problems. Includes a reading list, a list of useful addresses in Australia and New Zealand, and an index. Maryon Stewart founded the Women’s Nutritional Advisory Service, UK. Her publications include ‘Beat PMS Through Diet’ and ‘Beat the Menopause without HRT’. Alan Stewart is medical adviser to the WNAS and author of ‘Nutritional Medicine’.

Eat your way to better health with this New York Times bestseller on food’s ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in Eat to Beat Disease. We have radically underestimated our body’s power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Eat to Beat Disease isn’t about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body’s defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book’s plan shows you how to integrate the foods you already love into any diet or health plan to activate your body’s health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Based on breakthrough new science in the field of hydration, Quench debunks many popular myths about “getting enough water” and offers a revolutionary five-day jump start plan that shows how better hydration can reduce or eliminate ailments like chronic headaches, weight gain, gut pain, and even autoimmune conditions. Chronic headaches, brain fog, fatigue, weight gain, insomnia, gut pain, autoimmune conditions. We may think these and other all-too-common modern maladies are due to gluten intake or too much sugar or too little exercise. But there is another missing piece to the health puzzle: Proper hydration. Yes, even in this era of Poland Spring many of us are dehydrated due to moisture-lacking diets, artificial environments, medications, and over-dependence on water as our only source of hydration. For this reason, that new diet or exercise plan may fail because our body doesn’t have enough moisture to support it. Quench presents a wellness routine that can reverse all of that, based on breakthrough new science in the field of hydration. Readers will be surprised to learn that drinking too much water can flush out vital nutrients and electrolytes. Here is where “gel water” comes in: the water from plants (like cucumber, berries, aloe), which our bodies are designed to truly absorb right down to the cellular level. In fact, Ms. Bria’s work as an anthropologist led her to the realization that desert people stay hydrated almost exclusively from what they eat, including gel plants like cactus. Based on groundbreaking science from the University of Washington’s Pollack Water Lab and other research, Quench offers a five-day jump start plan: hydrating meal plans and the heart of the program, smoothies and elixirs using the most hydrating and nutrient-packed plants. Another unique feature of their approach is micro-movements -- small, simple movements you can make a few times a day that will move water through your fascia, the connective tissue responsible for hydrating our bodies. You will experience more energy, focus, and better digestion within five days . . . then move onto the lifetime plan for continued improvements, even elimination of symptoms.

Describes preventative nutrition and explains how to use or avoid foods from eight groups to improve health

The Essential Nutrition Guide for a Healthy Midlife-with More Than 130 Recipes

Balance Hormones, Stop Middle-Age Spread, Boost Your Health and Vitality

The Hormone Solution for Permanent Weight Loss and Optimal Living

The Natural Menopause Plan

Gourmet Wholefood Cooking for Health and Vitality at Menopause

Intermittent Fasting for Women Over 50

A Strategic Plan to Improve Your Health and Life Through Food

“A sassy, accurate, and enormously helpful romp through the midlife transition known as menopause. . . . I highly recommend it to all women who want to embrace all the possibilities offered by this change, including vibrant health, a sense of humor, a renewed sense of purpose, and the best sex of your life.”—Christiane Northrup, MD, #1 New York Times bestselling author of The Wisdom of Menopause Brit-pop icon and outspoken menopause ambassador Meg Mathews refused to move quietly into this stage of midlife. Rejecting the idea that we should live in fear, suffer silently, or medicate ourselves unnecessarily through this natural hormonal shift, Mathews set out to get answers and advice from the medical establishment, alternative therapists, and her many friends in the midst of “the change.” When she launched the Megs Menopause website, it quickly became the trending online destination for pre- and menopausal women all over the world. The New Hot is her no-holds-barred guide to menopause, designed to empower and entertain in equal measure, including: • The latest information about hormone therapy and bioidentical hormone therapy • Her best tips and techniques for coping with menopausal symptoms (There are officially thirty-four possible symptoms; Mathews has personally dealt with thirty-two!) • Dishy, girlfriend-to-girlfriend advice about what to really expect when you’re aging Honest, stylish, and informative, The New Hot will help you take on menopause—and keep you sense of self, style, and humor intact.

Can you really feel better as you get older? Is aging without illness possible? Is your own internal fountain of youth waiting to be discovered? Yes, yes, and YES! says Suzanne Somers, the bestselling author of The Sexy Years. It can all be true when you take advantage of the science of antiaging medicine—a revolutionary approach to achieving the ageless life. Suzanne Somers has already introduced millions of women to bioidentical hormone replacement therapy and changed the way we look at menopause. Now, in Ageless, Suzanne introduces an inspiring, medically validated approach to reversing the aging process and maintaining a healthy, vibrant, mentally sharp, sexually active life—while building the body’s natural defenses against age-related diseases. Suzanne talks about: • How antiaging medicine can help detox the body of harmful pollutants and chemicals and strengthen our weakest glands and organs • The dangers of perimenopause and how women can treat it • Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of hysterectomies, and how to restore your body to perfect hormonal balance after having one • How andropause is a real condition for men, and how men can lose weight, regain their youthful physiques, and restore heath, energy, and sexuality, all through bioidentical HRT • The importance of sleep and the healing work that nature does during this time to balance hormones and increase energy In this “antiaging bible,” Suzanne brings together prominent, Western-trained antiaging doctors to show how the traditional medical approach is woefully inadequate. Its standard of care has been to treat all symptoms with drugs, but in Ageless you will find out how this approach does not make us better. With antiaging medicine you can heal your body rather than keep a chronic condition at bay with drugs. Ageless shows you how to keep your “insides” young, and how this manifests on the outside.

No More PMS! No more symptoms No more suffering-within 4 months. Maryon Stewart and her team at The Women’s Nutritional Advisory Service have pioneered a highly successful programme to overcome pre-menstrual syndrome, enabling nine out of ten women to find relief within 4 months. No More PMS! draws on over 14 years of scientifically ground -breaking work from the WNAS programme. It will enable you to devise a tailor-made diet to overcome PMS and includes the latest advice on: The cause of PMS ·In-depth personal stories ·Precise dietary changes, supported by scientific explanation ·The role of supplements ·Why regular exercise is so important

Have you already noticed that what you did, how you ate, and where you were in your 20s and 30s no longer works for you? My mission is to support you—in your new place—with this book. This book is addressed to any woman in the process of peri-menopause or post-menopause who wants to tackle the weight gain, stress, and necessary changes in nutrition and exercise that accompany those ten years when menopause takes over a woman’s body. It addresses fitness and lifestyle management for every woman’s menopausal health with my proven MENOPAUSE SUCCESS TRIANGLE. It includes diet and nutrition strategies, a 21-day workout plan, and ways to reduce stress in your life so that you discover that you can live the life that you want to live. You’ll come away from this book knowing: - What to eat when and how much, in order to fuel your body - How to become more physically active - How to be more mentally alert, and - How to love yourself inside and out You’ll regain composure, confidence, and strength. Aren’t you worth it!?

The Hormone Diet

How to Master the 7 Most Effective Fasting Methods for a Longer, Healthier Life - A 21-Day Plan to Burn Fat, Boost Your Energy and Beat Menopause Symptoms

The New Hot

Eat to Defeat Menopause

The Drug-free, Natural Way to Beat Your Symptoms and Lose Weight

The Happy Menopause

Recipes for Change

Discover the customized nutrition plan that will help you be lean, fit, more youthful, sexier, and full of energy—at every stage of life. Designed specifically for women, this individualized six-week intermittent fasting program is the sustainable solution to help you feel and look your absolute best. Based on the scientifically proven 16:8 fasting model, what makes this program unique is that it is geared toward your hormonal needs at every stage in life—whether you are cycling or in perimenopause, menopause, or beyond. Intermittent Fasting Transformation will help you: • lose weight steadily and burn fat without hunger, cravings, or plateaus—and keep it off • balance your hormones for better metabolic health and wellness, while easing symptoms associated with perimenopause and menopause • experience a huge boost in physical and mental energy all day long • learn what foods best support weight loss, detoxification, and overall health • lift brain fog and help you sleep better • put aging in reverse . . . and so much more. Cynthia Thurlow, a nurse practitioner and an internationally known women’s health expert whose viral TEDx Talk has received more than 10 million views, developed this breakthrough plan after entering perimenopause in her forties. Intermittent fasting didn’t just help her lose weight; she had more energy, fewer cravings, and lower blood glucose levels. Thurlow has now worked with thousands of women in her private practice to make her unique program of intermittent fasting work for them, too. With meal plans and 50 recipes, along with advice for supercharging your fast, this plan will transform your life, slow down the aging process, and help you reclaim your health and well-being.

Are you tired of feeling worn out, sick, and overweight?

Why is it that we experience weight gain, fatigue, aches and pains, illnesses, and memory loss as we get older? And, more importantly, do we have to?

Yes

No

Yes

No

These ailments do become more common in our 30s and 40s, but they are by no means inevitable. In fact, we are perfectly capable of remaining slim and vigorous, and our brains can absolutely stay clear and sharp—if we give them what they need. The problem is that most of us don’t do that. We don’t realize what our bodies need, so we eat the wrong foods, skimp on sleep, and deprive our bodies of the movement they crave. Overwhelmed by the stresses and the pressures of our lives, we take a host of prescriptions, never realizing how they might be disrupting our body’s innate ability to heal. Most insidious of all, many of us lack the personal support and the community that we need to feel fully alive. Instead, we buy into the myth that age means decline.

Yes

No

A pioneer and internationally recognized expert in integrative and functional medicine, Dr. Frank Lipman proves that you don’t have to feel this way. You have a choice! In his latest book, Dr. Lipman breaks through the common myths and misconceptions surrounding aging and dieting, and he zeroes in on what you need to do in order to feel your very best. His two-week Revitalize Program brings together key information regarding insulin resistance and carbohydrate intolerance, gut and hormonal imbalances, sleep disorders, medications and supplements, and community support, and features:

Yes

No

Yes

No

Yes

No

Yes

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Yes

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Yes

No

Eat to Beat Menopause

Ageless

Optimum Natural Health and Well-being

Over 100 Recipes to Help You Overcome Symptoms Naturally

A Practical Guide to Living a Healthy, Happy Menopause Life

A Natural Guide to Managing Hormones, Health, and Happiness

The New Science of How Your Body Can Heal Itself

“Blum’s complete guide to women’s health is an encouraging, smart and sisterly volume that deserves a place alongside other trusted go-to resources.” —Publishers Weekly From Esther Blum, an expert nutritionist at Dr. Perricone’s flagship Manhattan store, comes the breakthrough news that, yes, you can eat and drink what you love and still look and feel gorgeous. Esther reveals the secrets to beautiful skin, a fantastic figure, and peace of mind—all while living the good life. It’s about knowing how to make the right choices: Which cocktails cause the least damage—is a Merlot better than a Margarita? What natural supplements combat out-of-control hormones? With a troubleshooting section on treating specific ailments, delicious recipes, and fast fixes, Eat, Drink, and Be Gorgeous makes it possible to have that piece of cake and eat it, too. “Filled with sound nutritional advice on what to eat and drink and how to repair the damage when our good intentions slip. A delightful book, as entertaining as it is educational.” —Nicholas Perricone, MD “You’ve heard people talk about the ‘feel-good book of the year?’ Well, Eat, Drink, and Be Gorgeous is the ‘feel gorgeous book of the year!’” —Karen Salmansohn, author of Happy Habits “A lusty, sensual ‘diet book’ for real people . . . filled with great information and user-friendly advice for people who really appreciate food; best of all, it’s written with a twinkle in the eye and a sense of glamour.” —Johnny Bowden, PhD, CNS, bestselling author of Living Low Carb “A superbly hip guide to staying healthy with cutting-edge nutrition.” —Robert Crayhon, MS, author of Robert Crayhon’s Nutrition Made Simple

As no two menopause journeys are identical, this highly practical and accessible nutrition and lifestyle guide enables women to build a bespoke menopause diet that specifically targets their symptoms, with the minimum of fuss and effort. This practical nutrition and lifestyle guide provides women with the tools to build their own menopause diet which specifically targets the symptoms that are relevant to them. There are so many ways that nutrition can support a healthy and happy menopause, but a one-size-fits-all approach simply won’t work. The reality is that there are many different menopausal symptoms and no two women have the same experience. Jackie explains how the menopause and perimenopause can change your body and how your diet can make a tangible difference to the way that you feel, whether you’re using HRT or not. Each symptom section provides a range of targeted nutritional solutions, practical lifestyle advice and simple recipe tips that you can incorporate into your daily routine. A highly experienced clinician, Jackie specialises in providing real-world guidance to busy women. This book is designed to make the key information as easily accessible as possible and reflects her trademark practical style, which makes it the ideal one-stop solution for anyone juggling their menopause with the demands of a busy job and a hectic family life.

The Whole Body Reset

A 3-Step Program to Help You Lose Weight, Gain Strength, and Live Younger Longer

And How YOU Can Stay Young, Slim, and Happy!

The Menopause Diet Plan

The Diabetes Code

Suzanne Somers’ Slim and Sexy Forever

Menopause Guidebook for Women : a Comprehensive Guide on Menopause