

A photograph of a kitchen counter with various ingredients. In the foreground, there are jars of pasta, a bowl of colorful bell peppers (yellow, red, and orange), and a bowl of cherry tomatoes. In the background, a person is visible, slightly out of focus, wearing a white shirt and holding a bowl. The overall scene is bright and clean, suggesting a healthy lifestyle.

Delicious Recipes

FOR A HEALTHY LIFESTYLE

- AVOID OR MINIMIZE the dangers of synthetic hormones
- PROTECT YOURSELF against heart disease, osteoporosis and cancer

The Natural Estrogen Diet & Recipe Book

Dr. Lana Liew

WITH LINDA OJEDA, PH.D.,
author of the best-selling *Menopause Without Medicine*

Natural Estrogen Diet And Recipe

Scott Rigden



Natural Estrogen Diet And Recipe:

The Natural Estrogen Diet and Recipe Book Lana Liew, 2003-09-19 The National Institute of Health interrupted their huge HRT study in July 2002 when they found that the drug Prempro a combination of estrogen and progestin had detrimental health effects The women who took the drug exhibited an increased risk for breast cancer heart disease and stroke Women can lose up to 20% of their bone mass in the first seven years after menopause Post menopausal women are twice as likely as men to die of a heart attack Natural estrogen is the answer In this book the authors provide a healthy and natural alternative to HRT They not only provide nutritious healthy and delicious recipes they also explain why phytoestrogens plant estrogens can alleviate the symptoms of menopause and promote a woman s health THE NATURAL ESTROGEN DIET AND RECIPE BOOK is the answer to women who are seeking to retain their health through and after menopause in a completely safe effective and natural way It also shows women of any age how to make healthy food a permanent part of their lives

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The Natural Estrogen Diet Lana Liew, Linda Ojeda, 1998-09 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 Natural Estrogen Diet & Recipe Book** Lana Liew, Linda Ojeda, 2003-01-01 The Natural Estrogen Diet and Recipe Book provides an alternative to menopause treatment that avoids hormone replacement therapy The book not only features helpful charts and over 100 nutritious and tasty recipes but also explains how plant estrogens can alleviate the symptoms of menopause

The Ultimate Metabolism Diet Scott Rigden, 2008-12 Nationally known weight loss expert Scott Rigden MD has determined that these disorders cause your metabolism to switch when you diet making it nearly impossible for you to lose weight your body stores fat instead of burning it Using simple quizzes and actual case histories Dr Rigden helps you identify your metabolic profile and understand its effects He then guides you in designing a personal plan using diet supplements and exercise to get you back on the path to safe and permanent weight loss **Relieving Pelvic Pain During and After**

Pregnancy Cecile Röst, 2005-12-31 Pregnancy weakens the ligaments that keep the pelvic bones together. If those weakened ligaments become overloaded or injured, it results in pelvic instability pain around the joints that can be brief or last for years after the birth. In 1996, Cecile Röst, who suffered from this condition herself, devised a treatment program that is simple, home-based, and proven to work. Her book, with over 100 illustrations and detailed testimonials, is divided into two parts. The first part shows simple exercises for symmetry and stabilization and the proper way to lie, sit, and get out of a car in order to prevent pelvic instability during pregnancy. Patients can practice these exercises and positions with or without a care provider's help. Part two, aimed at care providers, shows the results of a survey carried out among 200 women suffering from pelvic complaints. Here, the author also presents a theoretical treatise of pelvic pain, the protocol of the first consult, and the contents of the therapy, including a sports program.

Macular Degeneration Betty Wason, James J. McMillan, 1998 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.

Recovering from Breast Surgery Diana Stumm, 1995 Addresses the physical problems of women following breast cancer surgery.

Breast Cancer Basics and Beyond Delthia Ricks, 2005 Having breast cancer can be devastating for the woman affected and for her family and loved ones. It can also be confusing because there are many variations of the disease and at least as many treatments. By bringing together comprehensive information on the subject, *Breast Cancer Basics and Beyond* helps women better understand their illness and participate in making decisions about all aspects of their treatment and care. In this book, award-winning medical writer Delthia Ricks tells you all about common and rare types of breast cancer, their causes and symptoms, diagnosis, including mammography and different kinds of biopsies, treatment options, including lumpectomy, mastectomy, chemotherapy, radiation, and hormone therapy, benefits and side effects of the most commonly used drugs, your risk factors, including ethnicity, genetics, hormones, and diet, life after cancer, follow-up care, and dealing with recurrence, reasons for hope, breast cancer research, and treatments in development.

The Feisty Woman's Breast Cancer Book Elaine Ratner, 1999 Addresses the emotional and psychological challenges of fighting breast cancer, refutes popular assumptions about treatment, and offers guidance for making health decisions.

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