

The Hot Flash Cookbook Delicious Recipes For Health And Well Being Through Menopause

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Rich in estrogen as well as the vitamins and calcium that fight off osteoporosis and heart disease, the delicious recipes in The Hot Flash Cookbook are a balm for the symptoms that mark the change of life, including insomnia, depression, dizziness, fatigue, and the infamous hot flashes.

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The Hot Flash Cookbook: Delicious Recipes for Health and Well-Being Through Menopause Cathy Luchetti, Author Chronicle Books \$16.95 (256p) ISBN 978-0-8118-1540-6 More By and About This Author

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Chief among these for older women are soy products, wild yam, and flaxseed, which contain plant estrogens that can help stave off certain well-known menopausal symptoms like hot flashes. The Hot Flash Cookbook delivers appealing, flavorful, low-fat recipes packed with nutrients that help keep bodies of all ages healthy, such as antioxidants and fiber to fight several types of cancer and calcium for strong bones.

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Included in the book are a wide variety of vegetables and dressings—because making vegetables delicious gets you more than halfway there. For readers who want more support in their journey, weekly meal plans are provided for both omnivores and plant-based eaters.

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