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Supernutrition For Menopause

Ann Louise Gittleman, Ph.D., CNS

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books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topi provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM **Super Nutrition for** Women Ann Louise Gittleman, Ph.D., CNS, 2009-10-21 Winner of the Excellence in Medical Communications Award SUPER NUTRITION FOR WOMEN is the first scientifically based nutrition program to take into account women s distinct body chemistry and dietary needs and reveals the best way to incorporate them into any weight loss or workout plan This newly revised edition includes the latest nutritional studies and addresses the unique health and dietary concerns that women are facing today Whether they re on a vegetarian or a meat and potatoes regimen no matter what their age or lifestyle SUPER NUTRITION FOR WOMEN will show readers How to evaluate which weight loss plan is best for them from low carb to low fat and how to stay healthy and happy while shedding pounds How to prevent and combat a variety of illnesses including osteoporosis breast cancer heart disease yeast infections and allergies Easy menus recipes and Super Female Foods staples that should be on every woman's shopping list SUPER NUTRITION FOR WOMEN is a revolutionary program that works with today s popular diet and exercise plans to help every woman look better feel better and live longer McCall's .1995-08

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problems that arise from hormonal imbalances such as PMS hot flashes and endometriosis Lastly Part III details hormone replacement therapy focusing on the difference between natural and synthetic hormone treatments Whether you are looking for help with menopausal symptoms or you simply want to enjoy vibrant health What You Must Know About Women s Hormones can make a profound difference in your life **Nutritional Self-Defense** Lily Splane, 2003-07 Get a fighting chance with Nutritional Self Defense Readers will find the knowledge and tools to combat the daily onslaught of processed fast foods pollution and stress here with authoritative up to date tables for instant reference Veaetarian Times .2002-10 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both Your Body Knows Best Ann Louise Gittleman, 1997-02-01 Discover the remarkable truth your body knows best You ve tried the low fat high carbohydrate diets and failed You ve religiously adhered to very low calorie regimens and watched your weight skyrocket as soon as you resumed former eating habits The truth is no one size fits all diet plan works for everyone But there is a personalized diet that is perfect for you It s time to tune in to your ultimate diet guru yourself because with Your Body Knows Best you can custom tailor a diet that meets your body s special needs Ann Louise Gittleman author of the famed Fat Flush Plan and Fat Flush for Life shows you how in this groundbreaking individualized approach to weight loss Yes you can reach and sustain your optimal weight and energy level by eating the foods your body needs Your customized diet is determined by your ancestry and genetic heritage your blood type and your metabolism Your Body Knows Best was the first book to uncover the possibility of the blood type connection to weight gain Hot Times Ann Louise Gittleman, 2005 A revitalizing nutritional program for menopausal women challenges practices that use pills and hormone therapy cites the origins of menopausal symptoms in poor lifestyle habits and recommends a regime of natural foods and exercise in order to combat common problems Original 12 500 first printing

Low Carb and Beyond Nina Anderson, Howard Peiper, 2004 Low carb is still a popular trend among people who are trying to lose weight Most of the low carb diet books you read focus on eliminating foods Low Carb and Beyond talks about keeping the body in balance while you restrict your high glycemic carbohydrates. This approach gives you a better all around method to health and weight loss and should be part of every low carb lifestyle Just reducing your intake of carbohydrates and bulking up on protein will not assure permanent weight loss or good health Carbohydrates are a necessary part of any healthy diet and this book will help you choose which ones can support a healthy body

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