



The Menopause Diet

Larrian Gillespie

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If you thought there was nothing funny about the weight gain of menopause, wait until you read Larrian Gillespie's *The Menopause Diet Mini Meal Cookbook*. Based upon her own research as a physician who dealt with women's health, she has put together a humorous yet quick and easy cookbook as the companion to her ground-breaking health book, "The Menopause Diet." Recognizing that over 50% of women entering menopause are overweight and at risk for heart disease, diabetes and strokes, Larrian has combed the scientific literature to unravel the mystery of why women gain and lose weight differently than men and developed 135 recipes or "mini meals" for women who love to eat their way to a healthy life.

The *Menopause Diet Mini Meal Cookbook* includes a unique chapter explaining the medical benefits of including certain foods and spices in your diet and explains why women may be digging their graves with their teeth when they eat a high-glycemic carbohydrate, low protein diet. With more than 5000 women entering menopause daily, Larrian's books offer a lifestyle that improves your chances of living to 100 without the disability brought on by heart disease, diabetes and high blood pressure- all by making food your home pharmacy.

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Ashley Paul:

The actual book The Menopause Diet has a lot of knowledge on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. Tom makes some research previous to write this book. That book very easy to read you can find the point easily after reading this book.

Charles Greiner:

People live in this new day of lifestyle always attempt to and must have the spare time or they will get wide range of stress from both everyday life and work. So , if we ask do people have free time, we will say absolutely indeed. People is human not a robot. Then we ask again, what kind of activity do you have when the spare time coming to anyone of course your answer will certainly unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, often the book you have read is usually The Menopause Diet.

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