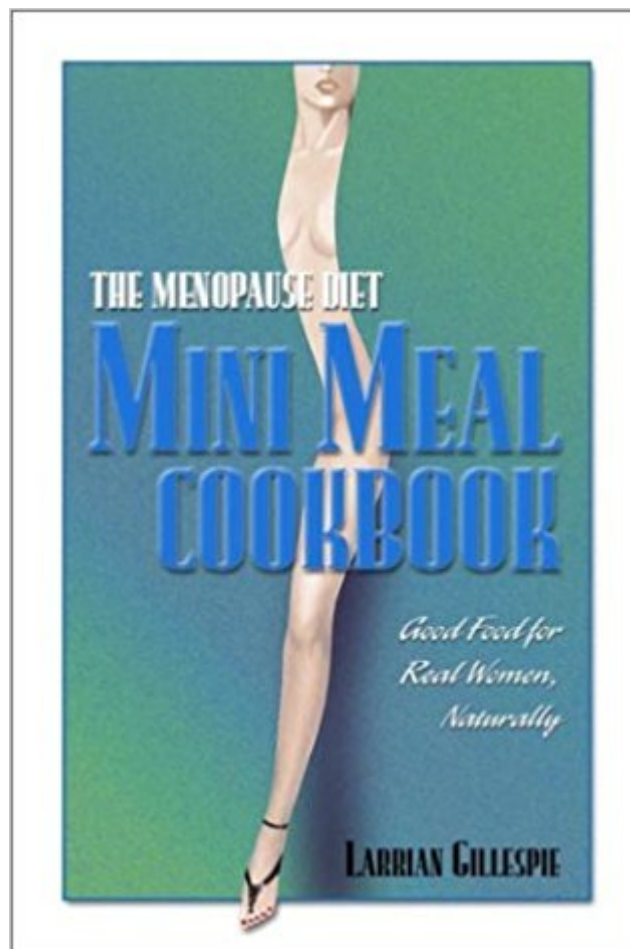




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# The Menopause Diet: Mini Meal Cookbook- Good Food For Real Women, Naturally



## Synopsis

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.

## Book Information

Paperback: 164 pages

Publisher: Healthy Life Publications (November 1, 1999)

Language: English

ISBN-10: 0967131715

ISBN-13: 978-0967131719

Product Dimensions: 8.9 x 6 x 0.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 62 customer reviews

Best Sellers Rank: #1,690,351 in Books (See Top 100 in Books) #98 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #17360 in [Books > Cookbooks, Food & Wine > Special Diet](#)

## Customer Reviews

Foreword Magazine Feature, August 1999 The Menopause Diet is available now. --This text refers to an alternate Paperback edition.

Larrian Gillespie received her medical degree from the University of California at Los Angeles

School of Medicine and became the first woman to graduate from their prestigious Urology program, an accomplishment that earned her the featured cover story in Parade Magazine. Over the next fifteen years, as a private practitioner, she brought about public awareness of an overlooked medical condition, interstitial cystitis, which resulted in three pharmaceutical patents from her pioneering research. Her book, *You Don't Have to Live With Cystitis* has been a "Top Ten Best Seller" on women's health according to the New York Review of Books Readers Catalog, 1999. A frequent lecturer at international medical meetings, Larrian taught her colleagues how to diagnose and treat this "incurable" condition, through her more than 30 scientific articles and chapters in medical textbooks. With an ability to translate "doctor speak" into terms anyone can understand, Larrian has been featured in over 50 magazine stories and numerous television shows, including Good Morning America and CNN. She has served on the medical advisory board of SHAPE Magazine and been a frequent source for numerous other publications. Changing careers in 1995, Larrian has focused on the issues of women's health as they relate to diet. Her interest in cooking and nutrition, nourished by courses at London's Cordon Bleu and La Varenne in Paris, has resulted in her current books, *"The Menopause Diet"* and *"The Menopause Diet Mini Meal Cookbook,"* which are destined to join her other book in becoming "Best Sellers."

First off, if you're looking for a "quick fix" diet, the kind that "promises" you'll lose 10 pounds in 2 days, this is NOT the book for you. But if you want to understand why it can be so difficult to lose weight as you reach those menopause years and what sort of changes you need to make to keep the weight off for life, this may be the only book you need. Well-researched and written, it contained all the information I wanted- details about how the hormonal and physical changes of menopause affect weight gain, the reason why mini-meals are better than larger ones and the type of lifestyle changes I needed to make to take the weight off. And it WORKS- the proof being that I am already 6 pounds lighter in 2 weeks of eating this new way. My only quibble (and it is a minor one) with this book is that the recipes are not necessarily family friendly (but I have to add that my family is very picky about what they'll eat) and they can take some time to make. However, I liked what I did make and the food was satisfying. But Even with this minor criticism, the book is more than worth the money for the rest of the information and you can always adapt the food suggestions to your own tastes and that of your family. And for the first time in years, the weight is coming off and I feel great!

This book saved my life! Little did I know that this way of eating would holistically heal me of Rheumatoid Arthritis. It's all about chemistry.

Great book and and easy read.

This is a great book. I have had difficulty in trying to lose weight since going into full blown menopause. I have been following the information and I am happy to say that I have been able to shed three pounds in the first week.

This book will definitely help you through your menopause state! I highly recommend this to help ease the symptoms!

Okay book-fair price.

too wordy and difficult to read and grasp

There is more information out and better said

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Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet)  
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Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73)  
Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes)

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