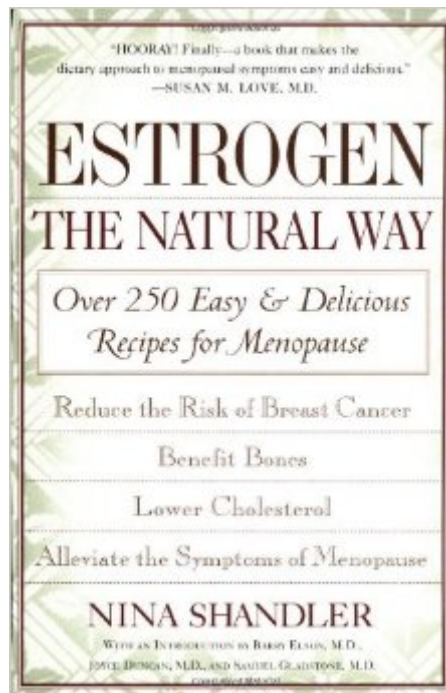


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# Estrogen: The Natural Way: Over 250 Easy And Delicious Recipes For Menopause



## Synopsis

Women need estrogen, but estrogen levels diminish with age. In the short term, estrogen's departure leaves most women in a frequently overheated, uncomfortable state. In the long term, its exodus places their hearts, bones, and brains in harm's way. And conventional hormone replacement therapy, with its potentially distressing side effects and increased risk of breast cancer, doesn't provide a reassuring rescue. Faced with every menopausal woman's frightening estrogen dilemma, Nina Shandler discovered exciting news: Some foods contain estrogen. She headed straight for the kitchen and created this easy-to-swallow alternative. Part eating program, part cookbook, *Estrogen: The Natural Way* shows women how to make fast, fun food using nature's estrogenic ingredients. From breakfast bars to soups, from main courses to desserts, *Estrogen: The Natural Way* provides a gentle yet effective version of estrogen replacement therapy.

## Book Information

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## Customer Reviews

I was very enthusiastic regarding this book. The recipes were very well done and I did find great relief from menopausal symptoms. However, while traveling I relied on several "portable" flax seed foods for my daily "portions" for estrogen. Shortly thereafter, I was found to have a very irregular heart beat. I have no history of heart problems and, in fact, am an athlete. Research into flax seed showed that more than 2 ounces or 60 grams a day should not be taken internally. It can cause increased respiratory rate, gasping, staggering, or convulsions. In early history, it was used as a heart medication - indicating a heart link. There is no warning in the book and in fact, the book encourages higher doses. Please use extreme caution in using these flax seed foods. Use only

small amounts per day. There are beneficial amounts (very low doses), but it is toxic in small amounts as well if consumed regularly. There are no warnings on the flax seed bags in stores.

The information in this book is very good, and that's why I keep it around. I found the recipes hugely lacking, and since this book is billed primarily as a cookbook, that's primarily how I should rate it. The author claims desserts are her specialty. I tried seven, and only one (lemon lace cookies) didn't strike me as needing serious tinkering before I would serve it again. Several I wouldn't even bother with a second time. I found it frustrating that the author didn't describe her more unusual ingredients (there are several)--I finally found barley malt (expensive) only to find the taste virtually identical to molasses (same consistency, too). I have no idea if the author had nutritional reasons for choosing barley malt as she didn't explain any of her more unusual choices, but cooks may want to test these recipes with molasses first before tracking down the barley malt. The only thing I've garnered from this book (recipe-wise) is to continue experimenting with ground flax seeds--they have mild flavor and a moist quality. If you already have information on soy foods and flax seed, I suggest you choose another cookbook (try Louise Hagler's Tofu Cookery) as I doubt these recipes will convert the soy-wary in the family. However, if you need info, this is a good, solid resource.

This book was the answer to my prayers ever since I discovered there was a reason for my bad tempers, breast pain, short cycles and weird periods: perimenopause! Plant estrogens really do work, and now I'm a nice person again. Nina lays it out for you why some estrogens (such as are in HRT) may have negative effects while others (such as are found in soy and flaxseed) appear to have all the benefits with none of the side effects. It's worth the price of the book for this information alone. On the other hand, Nina admits she doesn't like soy and I think her recipes reflect it. A food that does us so much good should be honored instead of disparaged--soy should be a joy instead of a chore! There are lots of good soy-food cookbooks out there; two that come to mind are "The Whole Soy Cookbook" by Patricia Greenberg and "Tofu Cookery" by Louise Hagler. C'mon get happy--say goodbye to menopausal symptoms and HELLO to health.

This book is well worth buying. The information is very valuable to any women who wants to experience an important natural transitional stage of life in a very healthy supportive way. I found the recipes to be very tasty. There is something I would caution you about the recipes though, in Chinese medicine peri-menopausal and menopausal women are considered to have an excessive yang or heat condition (known as hot flashes). I would recommend limiting the use of garlic or

leaving garlic out (which creates excessive heat in the body). As an alternative you can substitute horse radish (which is cooling to the body) if you need to add a tangy flavor to the recipe. This book came to my attention when I had a delicious dinner at my friends's house and she credited the recipes from this book. She knew I was looking for recipes that created a healthy diet for peri-menopausal women. This book answered a lot of questions for me and has started me on a healthy diet.

I've always considered myself a respectable researcher when it comes to responsibility for my own health, but Shandler leaves me in the dust. Bless her for it, too! She's written a personable, very readable, and invaluable book. She's outlined the research and given us the benefit of her hundreds (or more?) of hours spent on the task. Then she's created amazingly fast, easy, and nutritionally sound recipes that are truly yummy. She's even been thoughtful for the whole family: the main dishes aren't estrogen power houses (No, your husband's voice will not be falsetto -- but he will have very necessary nutritional prostate protection) but there are plenty of easy and delicious snack and breakfast food for the sexy crones in the family. Do yourself a favor and add this keeper to your shelf ASAP. Thank you, Nina, for a job well done just when I desperately needed it.

I have had my nose in cookbooks for over 20 years, and this is by far the best. Why? Because its recipes are simple, simple, simple, and geared to those of us who won't spend hours in the kitchen, no matter how many hot flashes we have. The shakes made from tofu and soy milk are fabulous, as are the granola recipes. She's a little heavy handed with her spices, so just exercise caution. BUY THIS BOOK, no matter what your age or sex, if you are interested in quick, healthy, and tasty eating. And she also has a great attitude!

Thank you, Nina, for my joy in life again. I've just started to add flaxseed and tofu into various spots in my life and already I wake up with more energy than I've had in a long time. You've presented not only theory, but great hints and actual practice. And honest reviews of the soy products. Can't I give this book more than 5 stars?

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