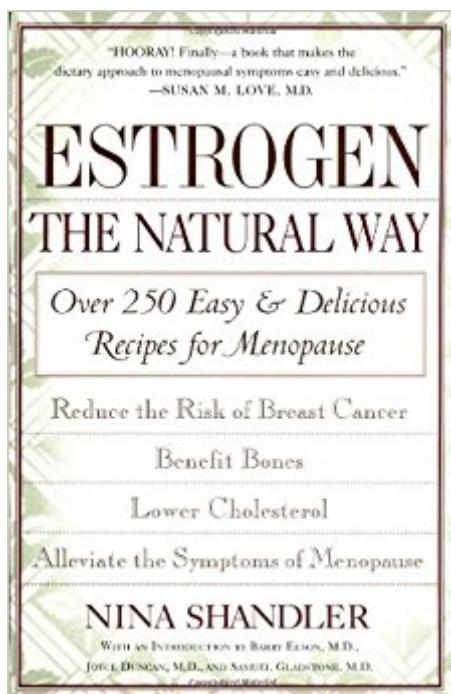


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# Estrogen: The Natural Way: Over 250 Easy And Delicious Recipes For Menopause



## **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 Nat-ural 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**

*Estrogen: The Natural Way* is a cookbook with a difference: every recipe is high in plant estrogens, which can relieve menopausal discomforts such as hot flashes, sweats, and sleep disturbance. Plant estrogens may protect against heart disease and osteoporosis--without the increased risk of breast cancer. In fact, they may protect against cancer, say author Nina Shandler and her endorsing team of physicians. Shandler tells her story of menopausal distress ("I felt like a middle-aged bed wetter") and her reactions to hormone replacement therapy (nausea, headache, rage against males). Her quest for other solutions led her to plant estrogens. She offers rich information in a simple, accessible style; she's like an educated friend reporting back after library trips and personal

revelations. The winners among estrogen-rich foods are soy and flaxseed. Shandler uses soy to create creamy foods that taste decadent despite their low calorie count. She adds ground flaxseeds to recipes for a crunchy texture. The 250 recipes in *Estrogen: The Natural Way* are a tasty array of breakfasts, breads, soups, snack bars, salads, pastas, entrees, and desserts, most of which are quick and easy to prepare. Menopausal women seeking the benefits of estrogen without drugs will find this book a practical and pleasant solution. --Joan Price

Those desiring alternatives to standard hormone replacement therapy (HRT) during menopause will find useful information in each of these books. All focus on menopause as a natural process and on the alleviation of menopausal discomfort through healthy living, especially diet. All explain menopausal symptoms, current HRT treatment and side effects, the importance of particular hormones, and the use of plant hormones instead of synthesized drugs. And all discuss in varying detail hormones and their relationship to breast cancer, heart disease, and osteoporosis. Laux, a naturopathic doctor, and Conrad, his former patient and founder of the Natural Woman Institute, espouse the Natural Woman plan in their book. They include an interesting historical overview of both the medicinal use of plants and the pharmaceutical industry, also detailing what the "naturals" are and how to get them. The MEND Clinic Guide usefully covers a variety of alternative therapies for menopause, including herbal therapy, aromatherapy, homeopathy, mind-body therapies, massage, acupressure, and relaxation techniques. Maas is an M.D., Paula Brown an anthropologist, and Susan E. Bruning a health writer (*Healing Homeopathic Remedies*, Dell, 1996). An A-Z of menopausal symptoms and alternative remedies provides quick reference, and one chapter discusses diseases, including diabetes. Cookbook author Shandler concentrates on obtaining estrogen from plants. Each of her 250 recipes, ranging from yellow cauliflower curry to chocolate snack bars, incorporates either tofu, soy products, or flax seed and estimates the estrogen content per portion. While many of the recipes look tempting, only the determined are likely to follow this diet. While these three books are recommended for alternative-medicine collections, Dr. Susan Love's *Hormone Book* (LJ 3/1/97) is likely to become the menopause book of choice. Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

During the last year, at 45, I've been experiencing what I suppose could be described as "intense PMS" 7-10 days before my period, making me a tired, bloated, sugar craving, spaced out, emotional freakazoid. Bizzare emotions and strange symptoms like incredibly painful and swollen breasts,

waking frequently during the night, insatiable sugar cravings and feelings of insecurity were plaguing me just at this time-every other time of the month I was fine. After torturing my boyfriend for 8 months and experiencing the symptoms worsening, I realized I had to get a handle on this. I can't afford, nor do I believe its necessary to use, expensive holistic doctors and their over priced supplements when the internet is filled with tons of research and data for those who will take the time to do their homework. Searching for natural treatments for perimenopause, I found Nina's book. It sounded just too good to be true: eat soy and flax daily and your suffering is over. As a vegan already, her mouth watering recipes that could actually make me feel normal again sounded like paradise. As of this writing, I have been using the guidelines that Nina talks about in this book for the past 3 weeks, making sure to get 2-3 servings of flax seed and/or soy daily. This is right about the time I turn into my scary hormonally deprived alter ego and I have to say I feel GREAT! The first sign that this is working is that while my breasts are swelling some, they are not painful at all!! Halleluiah! That made me feel like I was three months pregnant. Also, the general feeling of spaceiness and sugar cravings are gone. In fact, I feel, well, normal. I urge every woman who is plagued by psycho hormonal shifts to read this book and implement the diet asap. It really, truly works. I never would've believed something so simple could work so powerfully. Forget the overpriced physicians and their overpriced potions and pills! Take on your diet, and in addition to balancing your hormones, you will be protecting yourself against heart disease, osteoporosis and even breast cancer. (your man will benefit too from prostate cancer protection and will experience protection from heart disease as well) You will be amazed at how much better you feel!

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.

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.

great book

I was at a loss to find a "natural" solution to my menopause problems. Hot flashes signaled that my body was indeed changing. However, I have been involved with the medical profession long enough to know that I was not a "believer" in the current trend of estrogen supplements... I do not have cancer in my family, and didn't want to be the first! When I stumbled upon this well written and well documented treasure, I decided to try the diet. I experienced relief within one week. What more can I say? I must stick with it though, or as the author notes, the symptoms re-appear. I am not a strict vegetarian, but do like tofu, so that was not a problem. My husband loves tofu and veggies and can tolerate the flaxseed quite well. I, on the other hand, had to devise my own ways of incorporating the soy into my diet. I like the packaged soy milk that is flavored. 2 glasses a day (8 oz.) keeps the hot-flashes away!!! Also, I found that Eden and Wastbrae sell Black Soy Beans. With some seasoning added, it tastes wonderful - can't tell the difference from regular black beans. I don't know if it has the same properties as the yellow ones, but the label advertising says they are much less in fat and easier to digest. I agree!! Why more women don't know about this natural way of dealing with menopause, I don't know... I hope it gets more advertising!! GREAT JOB!!

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