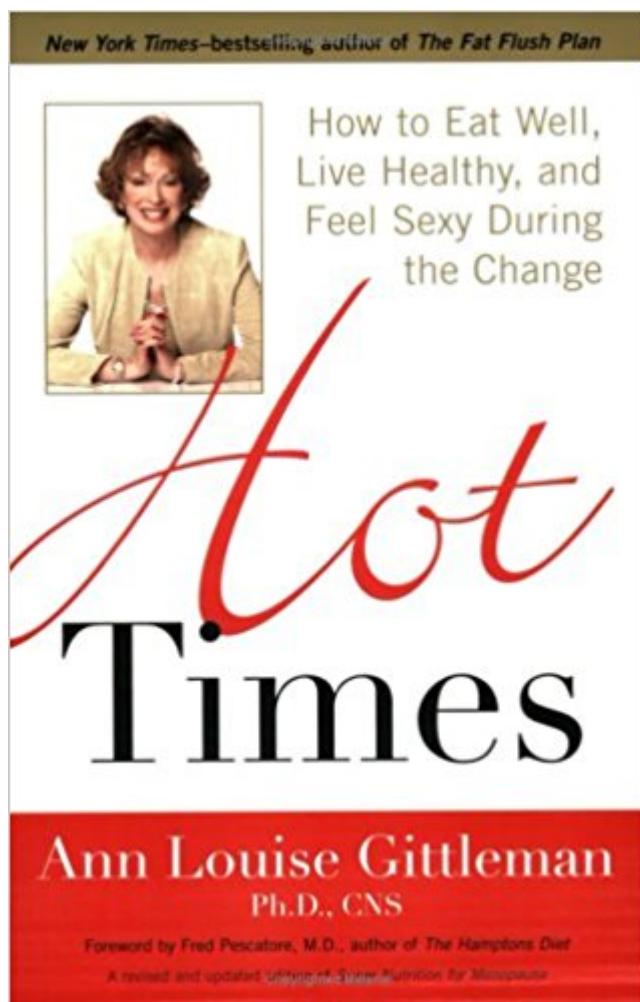


The book was found

Hot Times: How To Eat Well, Live Healthy, And Feel Sexy During The Change



Synopsis

Looking for a natural way to treat hot flashes, mood swings, insomnia, and menopausal weight gain without the dangerous side effects of HRT? Bestselling author and one of the country's top nutritionists, Ann Louise Gittleman explains the latest research on women's health and nutrition and confirms what she has been teaching for years—that menopausal symptoms are not medical problems to be treated with pills and hormone therapy. They are the result of years of improper eating, insufficient exercise, and poor lifestyle habits that have taxed the adrenals, leaving some women with unbalanced body systems that cause many health risks. In this completely revised edition of her popular book, Gittleman provides a diet built from unprocessed, unrefined, and natural foods, including green leafy vegetables, fresh fruits, whole grains, good fats, fish, and lean meats. With all-new recipes, a revitalizing exercise program, and lifestyle tips, *Hot Times* will help ensure that the postmenopausal years are a time in a woman's life when she is rewarded with good health and a renewed zest for living.

Book Information

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Customer Reviews

Ann Louise Gittleman, Ph.D., CNS, holds a doctorate in holistic nutrition. She has appeared on The View, Dr. Phil, and Good Morning America and has been featured in The New York Times, Harper's Bazaar, Family Circle, Newsweek, Time, and many other publications. She is the bestselling author of *The Fat Flush Plan* and *Before the Change*, and a columnist for *First for Women*.

With so much conflicting information out there, this is a great read that provides a logical,

commonsensical place to land....A wealth of information that explains what your body is going through in menopause, and what to do about it...If you have come to an end of all the "medical" explanations, this book will provide what the layperson needs to own this time of life.

Saved me from tons of menopause troubles. Her books are full of suggestions to improve your health. I take flax seed oil daily, it stops menopausal symptoms . Goodbye irritability, insomnia, aggressiveness. If I say that I am running out, my husband disappears for a bit, runs to the health food store, and comes back with a fresh bottle ! Thanks Ann Louise, I really owe it to you.

The follow-up book to her book on peri-menopause, it's a must read for all women who have gone through the change. I even found a remedy for my leg cramps that I hadn't found through research or from my doctor.

shipped quickly! Alot of great information!

Similar (if not the same) as the Fat Flush Plan so I'd just start there.M.

Exactly as stated. Thank you!!

Waste of money. I already do the things on this book such as diet and exercise. There is nothing new in here that was helpful.

I purchased this for my mom and I am so grateful! She is feeling so much better after implementing the expert tips that Ann Louise details in this book.

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