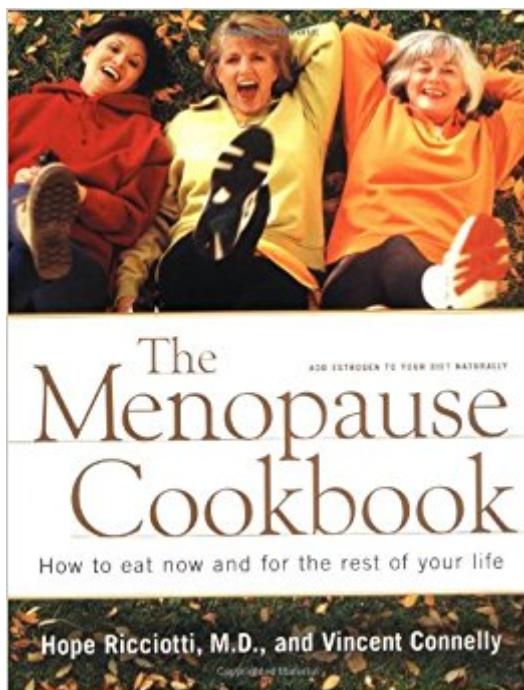


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# The Menopause Cookbook: How To Eat Now And For The Rest Of Your Life



## **Synopsis**

The perfect team-a gynecologist and her chef husband-have put together a book full of great advice and over 125 wonderful recipes to add estrogen naturally to your diet. As a gynecologist, Dr. Hope Ricciotti has been counseling women about the best way to stay healthy and lower the impact of menopausal side effects for years. She has found that some women either cannot tolerate hormone replacement therapy or do not feel it is right for them. What she suggests is adding phytoestrogens-natural estrogens found in food-as well as calcium and antioxidants to one's diet for all the benefits of estrogen without any of its worries. Even women on hormone replacement therapy will find that these delicious recipes will add to their health. Vincent Connelly, a trained chef, worked with Dr. Ricciotti to give each recipe the best in nutrition and in taste. It would be hard to resist pan-seared salmon with goat cheese, leeks, and basil or gratin of potatoes, chard, and roasted peppers. Many of the recipes can be made by even the busiest women. Besides main entrees, sections on breakfast foods, sandwich spreads, pastas, desserts, and even smoothies are included.

## **Book Information**

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## **Customer Reviews**

Ricciotti, a gynecologist, has teamed up again with her husband, chef Vincent Connelly (The Pregnancy Cookbook), this time on a nutritional guidebook for menopause. Ricciotti explains hormonal changes in layperson's terms and includes crucial information, such as the relationship between heart disease and decreased estrogen, and recommends "a low-fat, high-fiber, antioxidant-rich diet, and regular exercise." Particularly thorough are the chapter on osteoporosis; lists of calcium, phytoestrogen and antioxidant food sources; a pragmatic shopping list; and

workable suggestions for foods to eat when going out or eating on the run. However, many of the recipes include soy products (soy is a source of phytoestrogens), be it tofu (used as a texturizing agent for sauces such as Spaghetti with a Tomato-Tofu Sauce), soy mozzarella (Pizza), soy nuts (Broccoli with Oyster Sauce and Soy Nuts) or firm tofu (Salad of Grilled Tomatoes, Tofu, Portobello Mushrooms and Radicchio). For the already converted, this will be a boon, but for many women, it may be difficult to accept soy as the primary ingredient. The original ideas in the section on Spreads and Sandwiches are appealing (White Bean, Dried Tomato, and Balsamic Spread and Arugula and Cilantro Pesto). Apple and Rhubarb Crisp (rhubarb is high in calcium), a simple and delightfully healthy recipe, is an example of the book's philosophy at its best. (Jan.) Copyright 1999 Reed Business Information, Inc.

This is a wonderful guide to cooking with phytoestrogens. Although [the book is] titled The Menopause Cookbook, the whole family will enjoy these recipes which answer the oft-repeated question: How do you cook with tofu and flaxseed? -- Susan Love, M.D., author of Susan Love's Hormone Book and Dr. Susan Love's Breast Book

Highly recommend. The recipes are delicious and the book is easy to read. I started feeling better after eating the recommended foods for about a week.

I saw this book reviewed on the Today Show and ordered it and tried several recipes. The strawberry-banana smoothie is out of this world. Soy is definitely the answer for menopause

The Menopause Cookbook is one of the finest books on preventive health that I have read. The medical information is concise, relevant, and the author speaks to me like an equal partner. The nutrition information is up-to-date, and is all based on referenced data from reliable sources. Soy in the diet is not voodoo. It works, and it is healthy for all individuals. Vincent Connelly has worked miracles with soy, particularly silken tofu. I prepared garlic mashed potatoes, which are made creamy with silken tofu instead of cream, and my husband was fooled. I prepared the "Creamy" Ceasar Salad and could not believe that silken tofu works beautifully as a substitute for oil. Thank you for this excellent, informative, and delicious book. It is the answer I have been looking for.

My wife is going through menopause and trying to decide whether or not she should take hormones. We are both concerned about the increased breast cancer risk connected with hormones. I saw this

book advertised on the Today show and bought it, thinking that if there was a natural, safe way to boost hormones then we should try it. I admit that I didn't think I would like tofullImagine our surprise when we found recipes for mashed potatoes, ceasar salad and pesto...all without the cream and oil. Imagine our greaater surprise when we realized that we couldn't tell the difference between these recipes and those made with that fattening, unhealthy stuff.Feelling great and eating well... without hormones... and without breast cancer worries.

This is a fabulous book. I caught a glimpse of the interview on the Today Show and immediately ordered the book. The text on menopause is easy to read and "friendly". It is pertinent and very informative!The recipes are out of this world! The ingredients are healthy and I am very excited about using them. I am telling everyone about this book! I am ordering several copies as gifts. Thank you, thank you!

I should have paid better attention to one of the reviews that said the book didn't have nutritional information--the recipes are not all that valuable without it. The book in a nutshell: make fruit smoothies out of silken tofu and add tofu to or use it as a substitute for meat in all of your regular recipes. Oh yeah, and eat a lot of broccoli. I guess that as a vegetarian I wasn't impressed by the uses of tofu, flaxseed, etc.

I liked this book very much, but was disappointed that each recipe did not include nutrition information. I'm always interested in that aspect of a recipe. There are many interesting recipes that I certainly want to try.

I saw this booked reviewed on the Today Show and ordered it and tried several recipes. The strawberry-banana smoothie is out of this world. Soy is definitely the answer for menopause

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