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Health & Fitness

The Menopause Diet
Larrian Gillespie
Healthy Life Publications
978-0-9671317-0-2
(August 31, 1999)

"I never exercised, ate the recommended high carbohydrate diet espoused by the AMA, ADA and fashionable fitness magazines and relied upon my great genes to get me through life. And all was well until I turned 40." So begins Larrian Gillespie's story of her successful search for the ideal diet/exercise program for herself and subsequently for all women between the ages of 40 and 60.

Larrian Gillespie, doctor, author and popular television guest has provided excellent information about a subject that affects nearly half of the female population: menopause. Gillespie shares her scientific and medical knowledge about the perimenopausal to the post menopausal stages of a woman's life. She couches important information about fat distribution, hormonal balance and dietary imperatives in the personal story of her own frustrations as a woman entering menopause.

The Menopause Diet includes easy to understand descriptions of the difficulties women face as their bodies? needs change in a culture that shouts confusing messages about diet, beauty, aging and disease.

Gillespie details the correct balance for food intake (45% low glycemic index carbohydrates, 35% protein and 20% fat), the way to choose an adequate and interesting physical activity program and then includes a great starter recipe book to help stir up the creativity of the dieter. This diet can prevent heart disease, cancer and diabetes and turns the fat burners on.

Simple to understand and implement, The Menopause Diet will bring health and fitness within reach of all women and will bring successful weight loss to those who have never before lost weight on other diet programs.

Linda Wilson