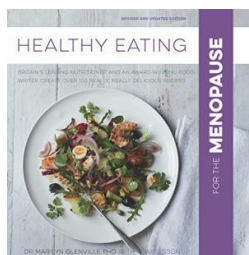


## Healthy Eating for the Menopause: Britain's Leading Nutritional Therapist and a Top Chef Create 100 Really, Really Delicious Recipes (Revised edition)



### Book Review

It becomes an awesome publication that I actually have actually read. It really is written in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(**Talia Cormier**)

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