



Diet Secrets Uncovered: Menopausal Women (Volume 2)

Fiona Kirk

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If ever there was a time in a woman's life where she wants to sob into her cornflakes with frustration over fluctuating weight issues, it is before, during and after the menopause! It is little wonder that the menopause merits the change of life label as change is what we have to address. Our hormones are changing their behaviour so we have to change our behaviour - and our diet. We have to convince the body that all is well and whilst it prefers to store fat to meet the hormonal havoc head on, there is a great deal we can do nutritionally to manage the stress, thwart invasive mood swings and prevent weight gain.

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