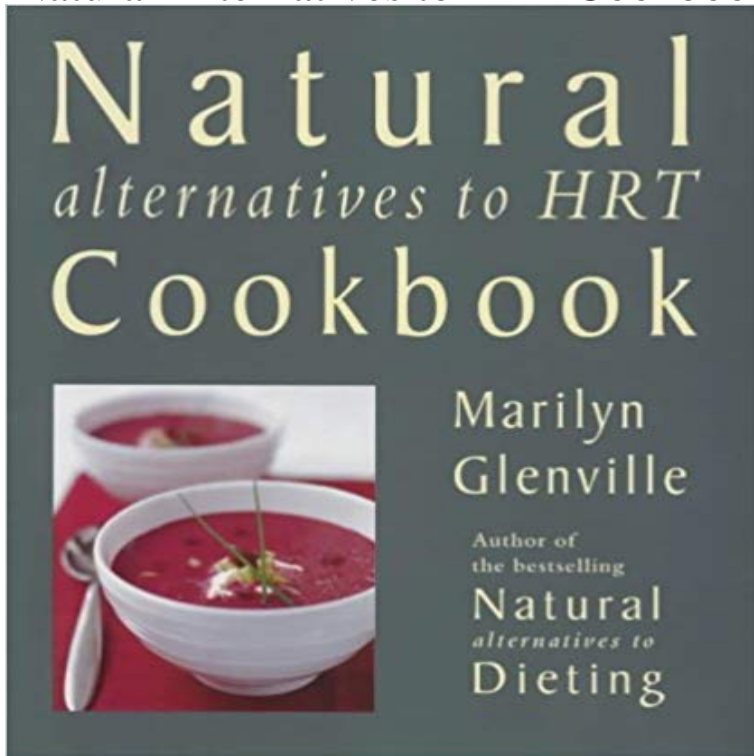


## Natural Alternatives to HRT Cookbook



This work builds on the movement for a healthy, natural alternative to drugs and hormone replacement. With every recipe containing foods rich in phyto-oestrogens, scientifically proven to be a natural nutrient and hormone agent, this book is designed to empower women to take control over their lives and bodies. The author sets out to show, that with just one recipe containing up to six phyto-oestrogens, it is easy to include healthy and revitalizing ingredients in your diet.

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