



Nutrition and Diet in Menopause (Nutrition and Health)

Caroline J. Hollins Martin

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Nutrition and Diet in Menopause is a single comprehensive source that will provide readers with an understanding of menopause. Holistic in its approach, this volume is divided into five sections covering psychological, endocrine and lifestyle factors, metabolism and physiology, bone and nutrition, cancer and nutrition, cardiovascular factors and dietary supplements in menopause. In-depth chapters review the potential long term consequences of menopause on the overall health of women, not only at the physical level including hot flushes (flashes) , alterations to the genitourinary system, skin changes, decreased cardiovascular functions, hypertension, headache, back pain, and constipation. Written by international leaders and trendsetters, *Nutrition and Diet in Menopause* is essential reading for endocrinologists, cardiologists, nutritionists and all health care professionals who are interested in women's health.

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