



**The Good Menopause Guide**  
with Liz Earle

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Today I'd like to mark the publication of my 36th book – The Good Menopause Guide, published by Orion Spring and already riding high in the Amazon charts, thanks to the wonderful support from so many of you – Thank you!

I have always found it curious that we talk openly about pregnancy and birth but when it comes to an equally important phase in our lives - the menopause - there is an audible silence... I want all of you who read this book to know you have the tools to feel and look your radiant best. And more than that, I want my daughters - and yours - to embrace the menopause as simply another phase in our lives which is natural and liberating.

My Good Menopause Guide features over 60 nutritional recipes to nourish you from the inside out. I've included special ingredients in my recipes such as phyto-oestrogens, which provide oestrogen-like compounds, to help ease many menopausal symptoms, but also tasty and nutritious in their own right. From fabulous weekend brunch treats to share with family and friends to lovely lunch and supper ideas, with plenty of veggie options (even a few vegan favourites too), there's something for everyone to help you feel and look your best. There are chapters dedicated to information on the symptoms and the solutions of menopause and guidance on how to balance your hormones and optimise bone health. And I bust the myths surrounding HRT and included helpful information on how to boost energy and self-esteem. I included a section on beauty and wellbeing, as this is of course, my speciality, I provided advice on how to take care of skin, hair and nails and how to help slow the signs of ageing with the right foods and supplements.

Thank you so much for tuning in and I hope that my thoughts and research on all I've talked about are helpful. If you've enjoyed this one, you'll find other episodes specifically on the Menopause, including a fabulous one with Dr Louise Newson of My Menopause Doctor which is Episode 12, and more on the Perimenopause which is episode 8 in the series. And as always, you can download the Podcast notes from today's broadcast over on [www.lizearlewellbeing.com](http://www.lizearlewellbeing.com) where you'll also find latest news, brand new recipe ideas, offers and wellbeing events, including a few focusing on the Menopause too.

You'll also find a few of the books I've written on this subject over on Amazon, including a short Healthy Menopause Guide which is a simple starter e-book you can download for just £1.99 onto any smart phone, tablet or laptop, or of course, my lovely new hardback book, the Good Menopause Guide, currently on sale on Amazon at a really good discount, as well as available from all leading bookshops.

**Buy the book - <https://www.amazon.co.uk/Good-Menopause-Guide-Liz-Earle/dp/1409164187>**

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