



## Eating Wisely for Hormonal Balance

*The Woman's Guide to Good Health, High Energy, & Ideal Weight*

By Sonia Gaemi, ED.D., RD

***I***s there a way that you can eat that will leave you feeling healthier, more energetic, *and* satisfied? Try eating hormonally.

***I***n her new book Dr. Sonia Gaemi introduces and explains the Food Wisdom Pyramid and how the flavors and colors of food indicate the presence of certain *phytochemicals* that have been recently recognized by nutritional scientists as key ingredients for physical and mental health. "Dr. Sonia" gives a brief overview of how foods affect mood, neurotransmitters, and hormones; how the flavor and texture of food gives us important information about its nutritional makeup; and how eating healthily, cleansing the body of toxins, and taking pleasure in eating and preparing food increases our mental and physical energy and sense of well-being.

***T***he best diet, Dr. Sonia believes, is one consisting mainly of grains, vegetables, fruit, and legumes—rather than one of high protein. To help readers incorporate eating hormonally into their daily lives Dr. Sonia provides many delicious recipes and daily meal plans based on this proven philosophy. Also included are tips on food shopping, eating healthily while traveling, using leftovers, and insuring food safety.

***"Eating Wisely for Hormonal Balance is a treasure of health knowledge. Dr. Gaemi presents a spectacular overview of the wisdom of nutritional cultures, and the end result is found in the pages of this masterpiece."***

—Caroline M. Myss,  
Ph.D., author of *Anatomy of the Spirit* and *Why People Don't Heal and How They Can*

**Women can eat foods that will help their hormones stay balanced and healthy, thereby lessening or completely relieving symptoms of hormonal imbalance!**

***U***sing stories derived from her nutritional consulting practice and from around the world, and supporting these stories with research, Dr. Sonia gives women concrete, practical suggestions and recipes for a hormonally balanced diet.

**Dr. Sonia Gaemi, Ed.D., RD**, a Registered Dietician with a doctorate in International Education and Psychology, runs a nutritional consulting practice in Berkeley, CA. Dr. Sonia is an internationally known expert on multicultural food practices for self-healing, a public speaker, and a TV personality. She regularly organizes and attends conferences on food and health and holds the position of Principle Investigator for the Public Health Institute of Berkeley. Dr. Sonia has appeared in articles in *Bay Area Businesswoman*, *The San Francisco Chronicle*, *The Oakland Tribune*, *American Fitness Magazine*, *The Contra Costa Times*, and *Courier*, a publication of The American Dietetic Association.

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