



Super Nutrition for Women (Revised Edition)

Ann Louise Gittleman

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Winner of the Excellence in Medical Communications Award, SUPER NUTRITION FOR WOMEN is the first scientifically based nutrition program to take into account women's distinct body chemistry and dietary needs—and reveals the best way to incorporate them into any weight-loss or workout plan.

This newly revised edition includes the latest nutritional studies and addresses the unique health and dietary concerns that women are facing today. Whether they're on a vegetarian or a meat-and-potatoes regimen, no matter what their age or lifestyle, SUPER NUTRITION FOR WOMEN will show readers:

- * How to evaluate which weight-loss plan is best for them—from low carb to low fat—and how to stay healthy and happy while shedding pounds
- * How to prevent and combat a variety of illnesses, including osteoporosis, breast cancer, heart disease, yeast infections, and allergies
- * Easy menus, recipes, and Super Female Foods—staples that should be on every woman's shopping list

SUPER NUTRITION FOR WOMEN is a revolutionary program that works with today's popular diet and exercise plans—to help every woman look better, feel better, and live longer.

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