

**EATING WISELY FOR HORMONAL BALANCE**  
*A Woman's Guide to Good Health, High Energy, and Ideal Weight*  
By Dr. Sonia Gaemi, Ed.D., RD

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Earlita Chenault at (510) 652-2002, ext. 142 or via E-mail  
at earlita@newharbinger.com

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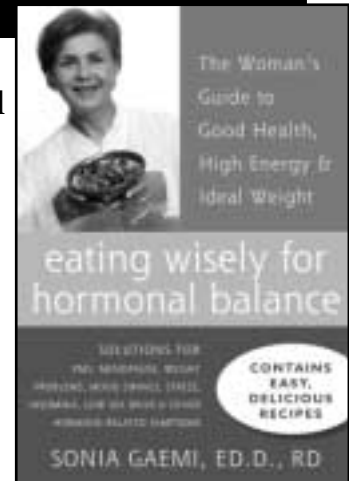
*Research Suggests Hormone-Related Health Problems in  
Women Can Be Controlled By Diet and Lifestyle Changes*

In her new book Dr. Sonia Gaemi explains why women need to eat a variety of foods in order to stay healthy throughout the various stages of their lives. An advocate of a diet consisting mainly from the grains, vegetables, fruit, and legume food groups (rather than a high protein diet) Dr. Gaemi also provides many mouth-watering recipes based on this philosophy.

Dr. Gaemi discusses how the flavors and colors of food indicate the presence of certain phytochemicals, recently recognized by nutritional scientists as key ingredients for physical and mental health. She gives a brief overview of how foods effect 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. Dr. Gaemi then goes on to explain how women can eat foods that will help their hormones stay balanced and healthy, thereby lessening or completely relieving symptoms of hormonal imbalance.

Also included are tips on food shopping, meal planning for a busy lifestyle, eating healthily while traveling, using leftovers, and insuring food safety. The idea of using teas as a food is introduced, and Dr. Gaemi offers tips and recipes for mixing ones own teas to relieve particular symptoms or simply to keep our bodies in balance.

These days we're constantly being told what and what not to eat. Beef, chicken, fish, and even commercially grown vegetables can be unhealthy due to disease, pollution, and antibiotic and pesticide use. *Eating Wisely for Hormonal Balance* shows women how to keep their hormones in balance and their bodies and minds strong while indulging in the healing energy of whole foods.



**EATING WISELY FOR HORMONAL BALANCE,**  
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**SUGGESTED INTERVIEW QUESTIONS**

- 1) What is the significance of the Food Wisdom Pyramid and what are the 7 Food Wisdom Ways?
- 2) Research has shown that a diet high in soy can actually be harmful; what are some healthy alternatives?
- 3) HRT is associated with health problems and increased risk of some cancers. What do you suggest women do to remain healthy as they age, rather than take HRT?
- 4) What are some common signs of hormonal imbalance in women, and what do you suggest women do to relieve or prevent these symptoms?
- 5) A recent report suggested that Americans are "eating themselves to death." What do you propose to combat the obesity problem in this country?
- 6) You suggest people drink a lot of tea. What are some of the benefits of tea?
- 7) What are some foods that can help with mood swings and depression?
- 8) What is *energy healing*?

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**ABOUT THE AUTHOR**

**Dr. Sonia Gaemi, Ed.D., RD**, a Registered Dietician with a doctorate in International Education and Psychology, runs a nutritional consulting practice and serves as Principle Investigator for the Public Health Institute of Berkeley in Berkeley, CA.



At the early age of 43, Sonia's doctor strongly suggested she begin taking HRT for sweating, which was wrongly diagnosed as hot flashes related to menopause. Rather than risk the significant health side effects of HRT, Dr. Gaemi used her research on the self-healing wisdom of women to heal herself by integrating Eastern nutritional and holistic knowledge with Western medical research.

Today Sonia Gaemi is an internationally known expert on multicultural food practices for self-healing and has traveled and researched extensively. She devotes her life to helping women of all ages rediscover their power over their own health through wise and joyful use of foods for healing. Dr. Gaemi has appeared in articles in such publications as *Bay Area Businesswoman*, *The San Francisco Chronicle*, *The Oakland Tribune*, and *Courier*, a publication of The American Dietetic Association.

**Praise for *Eating Wisely For Hormonal Balance***

"*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*

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**Supplementary Material**

(Excerpt)

## **THE FIRST FOOD OF THE DAY**

Breakfast is the most important meal of the day. A breakfast of high fiber foods contributes to regularity, helps eliminate wastes, and makes room in your digestive tract for new, foods to provide energy. In addition to physical energy, breakfast provides the nourishment your brain needs for mental activity and concentration. Eating complex carbohydrates in the morning provides a steady release of the neurotransmitter serotonin all day, for balanced, calm moods, good mental acuity and healthy weight. Complex carbohydrates, protein, and phytochemicals - the elements I suggest for breakfast-are the best line of defense against hormonal imbalance and disease.

### *Are You Skipping Breakfast?*

Your body needs steady energy throughout the day. If you skip breakfast, you probably feel low energy or experience fatigue in the afternoon and later in the day. If you don't eat breakfast, your metabolism may slow down to compensate for not receiving any new calories. A recent study by Dr. C. Wayne Callaway (1987) found that people who eat breakfast burn more calories throughout the day than people who skip it. I have seen this fact demonstrated with clients who came to me with digestive difficulties. One client told me she skipped breakfast because she usually wasn't hungry until noon and she was trying to lose weight. She wasn't losing weight, however, but was often constipated and experienced sweet cravings in the evening. When she made a healthy breakfast part of her day, she was better able to maintain her diet.

### **SILKY FRUITY MUFFINS**

Breakfast won't seem so dull when you have these flavor-packed morsels to bite into. Serve with tea or chai latte, or coffee spiked with cinnamon.

Makes 8 to 12 large muffins.

*1 ¼ cup oat bran*

*1 cup wheat bran*

*1 teaspoon baking powder*

*¼ teaspoon salt (optional)*

*¼ cup chopped walnuts (optional)*

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*4 eggs (or 8 egg whites)*

*½ cup berries (raspberries, currants, cherries, cranberries, blueberries)*

*(optional)*

*¼ orange juice*

*1 tablespoon honey or molasses*

*4 dates, chopped (optional)*

*1 medium banana, mashed*

*1 tablespoon grated orange zest*

*1 tablespoon liquid vegetable oil or light olive oil*

Preheat oven to 425°F. Combine dry ingredients.

In another bowl, combine the wet ingredients, and add them to the dry. Stir just to mix. Pour mixture into nonstick muffin pans and bake 14 to 17 minutes.

#### Variations:

Substitute 1 ounce soft pureed tofu for eggs.

Substitute pecans, pistachios, sesame seeds for walnuts.

#### *A Colorful Rainbow of Phytochemicals*

Choosing fresh, colorful, seasonal fruit for breakfast can be a part of your food artistry. You might consider finding organic fruit, to avoid soil and pesticide contaminants, but remember to choose fresh fruit that is in season because it will contain more nutrients and no preservatives.

#### MORNING WAY SHAKE FORMULA

Makes 2 shakes.

*2 eggs or 3 egg whites (½ cup egg substitute, or 2 teaspoons dried egg powder and/or 2 tablespoons soy protein or garbanzo flour)*

*¼ cup soft tofu or ½ cup plain yogurt (or combination)*

*2 tablespoons grains, such as oat, rice bran, or cereal (optional)*

*1 tablespoon flaxseeds or almonds, or any nuts, seeds, or oil you feel you need therapeutically (ground, paste, or whole)*

*1 teaspoon honey (optional) or ¼ cup frozen orange juice concentrate*

*2 to 3 ice cubes*

*1 cup fresh strawberries or berries of your choice*

*Fresh mint sprig, cinnamon stick, or nutmeg for garnish*

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(excerpt from Preface)

**WORDS OF WISDOM FROM DR. SONIA**

Hormonal eating means eating foods that support your hormonal needs and all of your nutrition needs, helping you maintain a balanced weight and a healthy metabolism through all stages of your life. In the west, a lucrative business has evolved, claiming to correct hormonal imbalances in women. Hormone pills and patches, many of which do more harm than good to women's bodies, and a Western lifestyle of eating including the consumption of processed foods, many of which cause health problems attributed to aging.

Anti-aging in America has involved surgical and other methods to reshape and remove flesh and skin, while in many other countries women rejuvenate their cells, change their weight and appearance, and balance their hormones with combinations of natural whole food plants.

**FOUR THINGS TO REMEMBER**

I want you to learn as much as possible about:

\*Hormones: how they affect our sense of well-being, as well as our health.

\*A hormonal diet: how our diets can make an enormous difference to our hormonal balance.

\*Food wisdom: how women around the world have used their traditional food wisdom to resolve and prevent their hormonal problems-an approach that is finally available to U.S. women!

\*How to spice up your diet: Certain foods work as "Food Wisdom quick-fixes." Women can easily add greens, herbs, spices, nuts, seeds, and teas to their current diets, with surprisingly fast results!

Throughout this book, you will learn to design your own step-by-step approach to food wisdom that will help you make healthy changes as you listen to your body, instincts, and senses.

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1. Coddle (soft boil) whole eggs in their shells by placing them in boiling water for 50 seconds. If you prefer, you can cook the eggs for 3 minutes and use the white only. (You can do several eggs at once to this stage and store in refrigerator for up to one week for later use.)
2. Peel or crack egg and add to shake. If not using the yolks, separate and save the yolks for another use.
3. Combine all ingredients and blend for 3 minutes in a blender.
4. Garnish with strawberry and/or fresh mint.
5. If you also are using juice, add a juice that matches the fruit you chose, such as apple juice and apple or pineapple juice with pineapple.

Variation: Add one or more of these fruits to the basic shake and blend for an additional 10 to 15 seconds:  $\frac{1}{4}$  cup fresh or frozen strawberries (without added sugar, if possible);  $\frac{1}{4}$  cup diced fresh or canned pineapple; quarter banana with 2 drops vanilla and a dash of cardamom;  $\frac{1}{4}$  cup diced papaya; 1 small orange, diced and with seeds removed;  $\frac{1}{4}$  cup fresh or canned chopped peaches; half a medium apple (diced) and 2 drops rose water (optional); 1 large kiwi, peeled.



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Supplementary Material

## Quick Tips for...PMS

- ✓ Use cleansing one day each week (or more, as needed). Focus on medium to low glycemic foods.
- ✓ Food Colors: Red, green, and brown.
- ✓ For a week before your period, rest more and eat simple foods (limit fried, creamy, and spicy foods, and foods which you have found give you gas).
- ✓ Eat five to six small meals daily to ease your digestive and hormonal system. Recommended: foods high in magnesium, such as (garbanzos, parsley, cilantro, broccoli, amaranth, buckwheat, almonds, roasted sea weed), potassium (kiwis, beets), vitamin B6 (bananas, potatoes with skin, winter squash, seafood, prunes, oatmeal), boron (berries, prunes, peaches, grapes, tomatoes, apples, pears), and vitamin E (almonds, sun flower seeds).
- ✓ Keep your body warm before and during your periods. Tea becomes part of this lifestyle, especially Denna's Herbal Chai. Use fewer tea leaves to avoid caffeine. Add mint, berries, borage, rose petals, dandelion, clover, cranberry, pomegranate, blueberries, barberry, angelica, and hibiscus to your tea.
- ✓ Rest before and during your period. A warm bath with lemongrass (tied in cheesecloth) may calm PMS symptoms.
- ✓ *Use this acupressure point to relieve menstrual cramps:*  
Press your thumb on the inside of your ankle between the anklebone and the heel. Then press your index finger on the same area on the out side of your ankle.
- ✓ Women taking oral contraceptives should eat foods high in B vitamins, such as cabbage, grains, yogurt, split peas, nuts, legumes, and fennel seeds, to alleviate mood swings or fatigue.

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### **More Quick Tips for PMS**

- ✓ Take supplements of Barberry, dong quai (angelica)-- but only for short time. According to some herbalists, dong quai has a balancing effect on estrogen. Drink motherwort tea two to three times daily when you feel cramps. Black cohosh has become popular with menstruating and menopausal women because of its phytohormonal properties. American Indians used it to treat women's menstrual problems and rheumatism. (Pregnant women should not use black cohosh, however, as it can stimulate menstrual flow and cause severe complications.)

*Specific prescription:* Drink one Sonia's Antioxidant Smoothie (see chapter 10) daily with red and green foods and added rice bran, roasted garbanzo flour (1 to 2 tablespoons) and flaxseeds (2 to 3 tablespoons).

#### **Sample menu items for PMS symptoms:**

- \* Ricotta in toast with fresh fruits
- \* Almond paste in a sandwich or on toast
- \* Hard-coiled egg
- \* Portobello mushrooms prepared to your taste
- \* Lentil cereal
- \* Miso paste or broth with brown rice
- \* Peas and papaya with vinegar
- \* Rose petals or rosewater in your tea
- \* baked potatoes or yams
- \* hummus
- \* bean soups or stews
- \* millet toast with tofu cheese and sliced papaya, fresh cilantro or mint,

*Remove cheese and sugar from your diet*

