

Leslie Beck's Nutrition Guide To Menopause: Natural Strategies with Diet, Vitamins and Herbs

By: Leslie Beck

Published by: Viking Canada Penguin Group 2003

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Pros

Leslie Beck's Nutrition Guide To Menopause translates scientific findings into practical terms. It encompasses both wholistic and conventional approaches to nutrition and all recommendations for herbs, supplements and functional foods are based on scientific research, making it a credible guide to menopause.

For the general public, this book is very useful because of these features: clear explanations for terms such as omega 3 and antioxidants; easy reference charts for vitamins and minerals; a summary at the end of each chapter; meal ideas and handy check lists. These are all helpful in putting science into action.

The style is conversational and relaxed. It's like having a chat with a friend and at same time feeling confident that you're reading well researched material.

Leslie Beck's approach to menopause is positive, and she encourages the reader to use this stage in life as a time to take a fresh look at nurturing your health.

The quotes and comments help the reader empathize and learn from real life situations.

Cons

Leslie states that much has happened since she wrote her first menopause book in 2000. Research and developments in nutrition since 2003 now supersedes some of the information the book. Science is fast moving, for example, soy recommendations have moved on making some of the soy facts in the book over promising.

We question the suggestion to take B50 or B200 B vitamins, since the Upper Limit for Niacin is 35 mg, meaning that B50 would be beyond the Upper Limit.

To make it easier to identify which chapter one is reading, it would be better to have larger chapter headings and place them at the top of the page. Or colour code chapters.

We suggest including more information on Satety Values.

There are conflicting statements about the wisdom of getting adequate calcium from vegetables or milk.

With the explanation about protein there needs to be a point about avoiding extremes.

The final word

If the word “menopause” strikes a personal cord – get this book because it is packed with practical facts based on science.

However for health professionals who need to take into account the most recent evidence-based data it can be used as a reference and it would be necessary to check the research since 2003,

This book is targeted to an educated audience who can handle some complexity. More charts, graphs and visuals would make a lighter read.