

SwiftPicks

By Kathie Madonna Swift, Functional Medicine Nutritionist, IFM Hormone Module

Here are my top picks for books and cookbooks – some new, some old but goodies...full of food tips, eating plans, whole food recipes, and nutrition pearls regarding hormone health:

Recipes for Change: Gourmet Wholefood Cooking for Health and Vitality at Menopause by Lissa DeAngelis and Molly Siple, Dutton Book, 1998. Don't let the publication date put you off from adding this book to your library. This is a food and nutrition classic that is always within reach in my kitchen! Recipes for Change is loaded with nutritional wisdom, symptom-specific foods and menus (e.g. for hot flashes, memory, emotional health, etc.) along with delicious recipes that will have your hormones ready to zoom!

The Hormone Diet: A 3 Step Program to Help You Lose Weight, Gain Strength and Live Longer by Natasha Turner, Rodale Press, 2011. A new release written by a naturopath, this book offers a holistic approach to hormone health that is presented in clear language. It includes some basic facts about hormones, a nutrition plan that embraces plant-based, anti-inflammatory principles referred to as Glyci-Med approach, whole food recipes, and some supplement suggestions.

Are you Tired and Wired?: Your Proven 30-Day Program for Overcoming Adrenal Fatigue and Feeling Fantastic Again by Marcelle Pick, Hay House, 2011. Another new release written by a functional medicine Nurse Practitioner which outlines adrenal dysfunction and provides some lifestyle solutions that embrace the pillars of hormone health: diet, exercise, sleep, stress, and other elements of one's lifestyle.

Power Foods: 150 Delicious Recipes with the 38 Healthiest Ingredients, Clarkson Potter Publishers, 2011. From the editors of Martha Stewart magazine, this is a gorgeous cookbook that features 38 of the healthiest ingredients in living color along with a complete nutritional index and pantry essentials. The sweet potato hummus and many others will spell H-A-P-P-Y for your hormones!

Balance Your Hormones, Balance Your Life: Achieving Optimal Wellness through Ayurveda, Chinese Medicine and Western Science by Claudia Welch, DaCapo Press, 2011. This book unites the principles of Western science, Ayurveda, and Chinese medicine and provides an encompassing guide to restoring natural hormone health.

Going Wild in the Kitchen by Leslie Cerier, Square One Publishers, 2005. Doesn't everyone want to go wild in the kitchen? What I love about this vegetarian cookbook is that Leslie inspires you to spice up your eating with some fresh and sassy recipes that include iodine rich sea vegetables and vitamin B- happy ancient grains...your hormones will love her teff polenta and wild mushroom stew!

And one of my favorites...MyFoundationDiet DVD available at www.myfoundationdiet.com... a seasonally inspired, whole foods gluten and dairy elimination diet eating plan, with menus and recipes designed to balance hormones and improve digestive function!