

EATING WISELY FOR HORMONAL BALANCE

By Dr. Sonia Gaemi, Ed.D., RD

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FOR IMMEDIATE RELEASE

RESEARCH SUGGESTS HORMONE-RELATED HEALTH PROBLEMS IN WOMEN CAN BE CONTROLLED BY DIET AND LIFESTYLE CHANGES

Using a new food pyramid (called the *Food Wisdom Pyramid* to differentiate it from the USDA Food Pyramid) 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. Dr. Gaemi also advocates a diet mainly from the grains, vegetables, fruit, and legume food groups—rather than a high protein diet—and provides recipes based on this philosophy.

In her new book ***Eating Wisely for Hormonal Balance*** (New Harbinger), Dr. Gaemi explains the Food Wisdom Pyramid and 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. Dr. Gaemi 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 for on food shopping, meal planning for a busy lifestyle, eating healthily while traveling, using leftovers, and insuring food safety. Dr. Gaemi introduces the idea of using teas as a food, and offers tips and recipes for mixing our own teas to relieve particular symptoms or just to keep our bodies in balance. Using stories derived from her nutritional consulting practice and around the world, and supporting these stories with research, Dr. Gaemi gives women concrete, practical suggestions and recipes for eating for hormonal balance.

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About the Author of *EATING WISELY FOR HORMONAL BALANCE*

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. Gaemi is an internationally known expert on multicultural food practices for self-healing, and has traveled and researched extensively. 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. Gaemi 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.

Suggested Interview Questions

- What is the Food Wisdom Pyramid and how does it differ from the USDA Food Pyramid?
- What are phytochemicals, and how do they effect physical and mental health?
- You do not promote a high-protein diet. Can you explain for us the benefits of a diet consisting mainly from grains, fruits & vegetables, and legumes?
- Tea is something that you feel very strongly about. Can you explain the importance of drinking teas, and what kinds of teas are best?
- Is your book and its topic, eating hormonally, aimed at middle-aged women? Who else can benefit from it?

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 Materials
EATING WISELY FOR HORMONAL BALANCE
By Dr. Sonia Gaemi

(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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(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)

4 eggs (or 8 egg whites)

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

¼ orange juice

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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

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.

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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: ¼ cup fresh or frozen strawberries (without added sugar, if possible); ¼ cup diced fresh or canned pineapple; quarter banana with 2 drops vanilla and a dash of cardamom; ¼ cup diced papaya; 1 small orange, diced and with seeds removed; ¼ cup fresh or canned chopped peaches; half a medium apple (diced) and 2 drops rose water (optional); 1 large kiwi, peeled.