

# Bibliography

Menopause and Diet: Approaches, Challenges, and Evidence-Based Solutions

[The Menopause Diet Plan: A natural guide to managing hormones, health, and happiness](#) by Hillary Wright, Med, RDN and Elizabeth Ward, MS, RDN

[Hormone Intelligence: The Complete Guide to Calming Hormone Chaos and Restoring Your Body's Natural Blueprint for Well-Being](#) by Aviva Romm, MD

<https://www.joinmidi.com/>

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