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women cope with th  
e menopause and its  
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for older women are  
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which contain plant  
estrogens that can  
help stave off certain  
well-known

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symptoms like hot  
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low-fat recipes  
packed with  
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vegetables and  
dressings—because  
making vegetables  
delicious gets you  
more than halfway  
there. For readers  
who want more  
support in their  
journey, weekly meal  
plans are provided  
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