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Sally Lewis is the author of Shape Up Size Down (5.00 avg rating, 2 ratings, 1 review, published 2009), Front to Back (3.50 avg rating, 2 ratings, 1 review, published 2009), and The Food Solutions 58. (3.50 avg rating, 2 ratings, 1 review, published 2009).
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Home Further Reading. (Food Solutions) Author: Sally Lewis. ISBN: ISBN 13: 9780600602989 . Synopsis: Recipes and advice to relieve symptoms of the
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Hope, Anne and Timmel, Sally recipes and advice to relieve symptoms : food vitality, PMS, pregnancy and menopause - with over 30 recipes London

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ACSH Dispatches Round-Up: Spring Brings Thoughts for efficient food solutions, to how severe their symptoms are and how miserable menopause is making
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