

**Female and Forgetful**  
by Elisa Lottor, PhD, ND and Nancy Bruning  
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*Female and Forgetful* is a pioneering book that dares discuss a subject that not long ago was taboo: the cognitive dysfunction that is specific to women in midlife and beyond. The sharp drop in hormones around the time of menopause is one of several causes of the acute worsening of memory and attentiveness, but natural hormone replacement is only a partial (though very important) remedy.

The mainstream medical approach addresses only the hormonal deficiency, and very poorly at that. It ignores crucial factors such as low blood sugar, excess stress, malnutrition, lack of circulation-boosting exercise and specific brain-protective nutrients. Elisa Lottor, PhD, ND and Nancy Bruning, the authors of *Female and Forgetful*, warn that the mainstream medical approach is too limited to save your brain. Nor is there a single supplement that can by itself act as a "magic bullet." Neither estrogen alone nor, say, ginkgo biloba as the sole treatment, is likely to resolve the problem. A multi-level holistic program is needed. The authors proceed to outline the six steps of a program that addresses every major cause of cognitive dysfunction.

Elisa Lottor, the main author of *Female and Forgetful*, is a board-certified naturopathic physician who has been in practice for seventeen years. She holds a PhD in nutrition, as well as advanced degrees in homeopathy. Dr. Lottor is also an educator, lecturing on memory loss, menopause and the food-mood connection, as well as other health topics. She resides in Southern California.

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