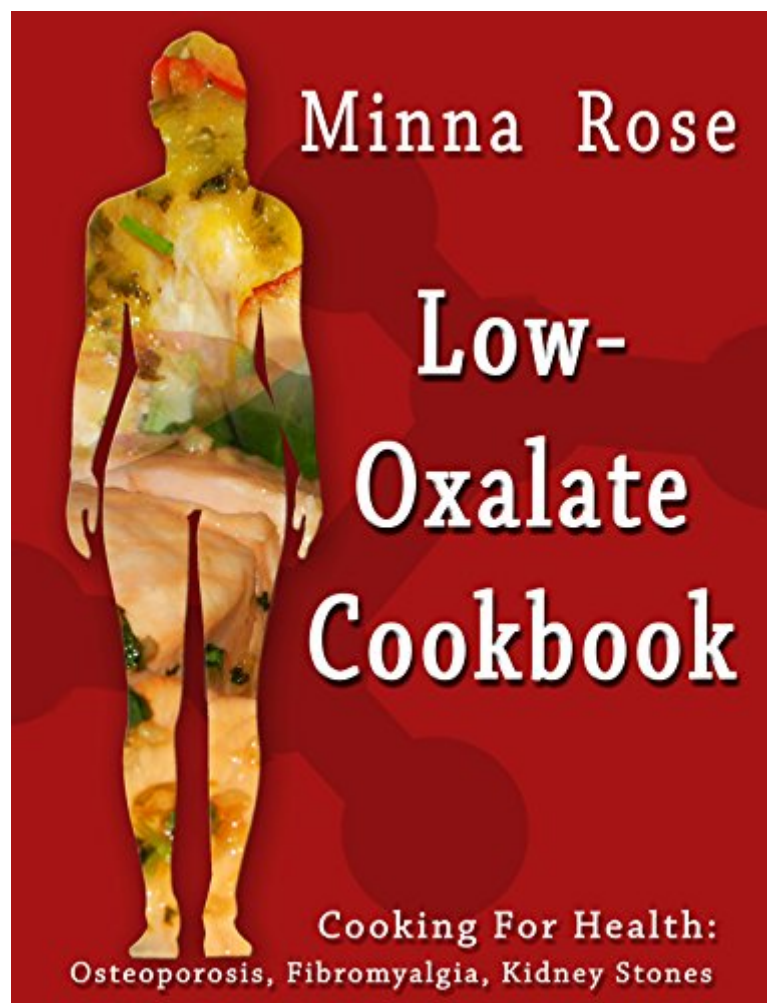




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Low-Oxalate Cookbook: Osteoporosis, Fibromyalgia & Kidney Stones (Cooking For Health Book 1)



Synopsis

Food is our body's fuel, and when we are ill, what we eat becomes even more important. Choosing particular foods and avoiding others can help your body fight your symptoms, and Minna Rose's Cooking for Health series of cookbooks are designed to help you in your quest for better health. The Low-Oxalate Cookbook is a delicious introduction to a low-oxalate diet. With details of which foods to embrace and what to avoid, you are sure to find a new favourite meal within its pages. Oxalates are organic acids, found in most vegetables and fruits, which hinder the absorption of calcium. A low-oxalate diet can therefore help people who suffer from osteoporosis and kidney stones to manage their condition. Oxalates may also be a contributing factor in the pain of fibromyalgia, and again a low-oxalate diet may help. Having suffered from fibromyalgia for many years, Minna Rose has created this 'recipe book for pain', refusing to compromise on flavour and creating delicious meals using only foods low in oxalates. Each recipe comes with detailed instructions and mouth-watering, colour photography, as well as ideas of how to use any leftovers - many of which are delicious recipes in their own right. Fresh and nutritious food is very important for a healthy life, just as tasty food, shared in good company, is essential for a happy and enjoyable life. Minna Rose's cookbooks combine the two in over twenty recipes, all of which are easy to follow and recreate. Minna Rose's cookbooks are popular in both the UK and US, as well as around the world, and as a US pint is a very different measurement to a pint in the UK (1 UK pint = 1.2 US pints), the measurements are given in metric to avoid any confusion and ensure that everyone can follow her recipes and expect the same tasty results.

Book Information

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Customer Reviews

There are 15 recipes in this booklet. I was surprised to find so many ingredients without measurements and the rest in metric.

Very helpful.

I was very interested in this book as my husband has suffered from recurrent kidney stones. Felt a bit reluctant due to one unfavourable review but 15 recipes for less than Â£1 seemed a bargain to me...and in fact there are more recipes as almost all include suggestions for variations and using up leftovers of the main dish/ingredient and there is also general information and a positive tone to this book. The fish recipes are particularly yummy and I like her use of different flavours. Am going to look at other cook guides by this author!

not what I expected

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Low-Oxalate Cookbook: Osteoporosis, Fibromyalgia, Kidney Stones (Cooking for Health) (Volume

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