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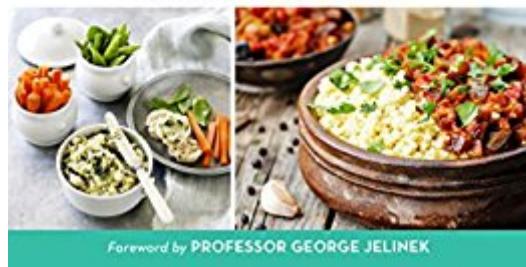
# Overcoming Multiple Sclerosis Cookbook: Delicious Recipes For Living Well On A Low Saturated Fat Diet



## OVERCOMING MULTIPLE SCLEROSIS COOKBOOK

DELICIOUS RECIPES for LIVING WELL on a LOW SATURATED FAT DIET

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## **Synopsis**

There is no cure for Multiple Sclerosis, but you can make a real difference by changing what you eat. Medical research increasingly shows that a diet very low in saturated fat can reduce the progression of the disease and even reverse its course in some cases. The Overcoming Multiple Sclerosis Cookbook gathers over 200 favourite recipes from people with MS from around the world. They are delicious wholefood meat-free and dairy-free recipes for home cooks. There are recipes for all occasions, from quick and easy lunches and dinners, a variety of seafood dishes, to luxurious weekend breakfasts, special occasion cakes, and holiday baking. It includes vegan and gluten-free recipes, tips and a menu plan created by a qualified nutritionist. The recipes in this book are healthy for the whole family. They can be beneficial for anyone with heart disease, type 2 diabetes, lupus, rheumatoid arthritis and other inflammatory and auto-immune diseases. 'Mouth-watering and wholesome recipes' - Professor George Jelinek

## **Book Information**

File Size: 5455 KB

Print Length: 296 pages

Publisher: Allen & Unwin; Main edition (January 25, 2017)

Publication Date: January 25, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01MFAD7ZP

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #83,032 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #14 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #27 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## **Customer Reviews**

I bought this cookbook for my sister who has multiple sclerosis to encourage her to eat healthy

meals. The recipes look so delicious I want to try them myself!

Good book!!

Great

As a newly diagnosed MS patient, I have found Dr. Jelinek's book so helpful. These recipes look delicious and follow his plan exactly. It had been very hard previously to try and find good recipes. The only downside is there are no pictures. I love cookbooks and the pictures help me pick what I want. We eat with our eyes first!

Great addition to any kitchen with humans who want to be healthy and vitally important, in my opinion, for people with MS and their families. We've made several of the recipes in this book now after having it for a couple of weeks and can endorse it as fantastic! It has recipes, cooking tips, and even a meal planner. This book collects proven recipes from all over the world in every cuisine I can imagine. Seriously. Last week we made Ghanian Fish Stew - delicious! Here's the deal: these recipes are vetted by the Overcoming Multiple Sclerosis organization. That means they are ultra healthy, incredibly low in saturated fats, and good for everyone. Think of Dr. Campbell of THE CHINA STUDY or Dr. Greger of the Nutrition Facts site and HOW NOT TO DIE, but add seafood and egg whites - if you like. This food makes you feel better. It's empowering. It'll help you be well.

Oddly set up. No pictures at all of recipes. Jumps between using grams and cups. Too much of a pain to return it but not sure how much use it will get since it's not particularly user friendly. And paperback means it's not so easy to keep open.

Great information and love the pictures of the recipes - very helpful to know what my end product should look like!

Good basic cookbook with some nice recipes.

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