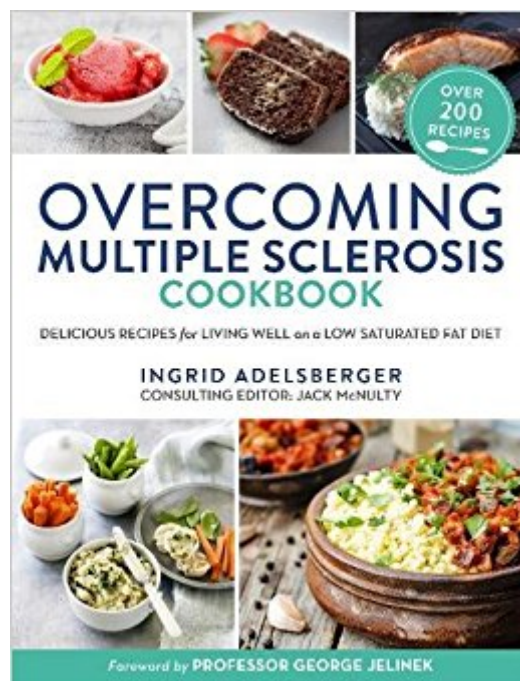




The book was found

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



Synopsis

There is no cure for Multiple Sclerosis, but you can make a real difference by changing what you eat. Medical research shows that a diet very low in saturated fat can reduce the disease's progression and even reverse its course in some cases. This cookbook gathers more than 200 favorite recipes from people with MS around the world. They are delicious, wholefood, meat-free, and dairy-free recipes for home cooks. The recipes include quick and easy lunches and dinners, a variety of seafood dishes, luxurious weekend breakfasts, special occasion cakes, and holiday baking. There are vegan and gluten-free recipes, and a menu plan created by a qualified nutritionist. The recipes can be beneficial for anyone with heart disease, type 2 diabetes, lupus, rheumatoid arthritis, and other inflammatory and autoimmune diseases. Contains dual measures.

Book Information

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Customer Reviews

Ingrid Adelsberger is a home cook and has been well since a diagnosis of MS in 2011. She is an experienced event organizer and marketer, and lives in New York.

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 Ghanaian 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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Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)
Low Carb Diet: Introduction To Low Carb Diet And Recipes

Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Multiple Sclerosis - Diet for Recovery: The Multiple Sclerosis Autoimmune Disease Recovery Diet Guide for Beginners Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook)

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