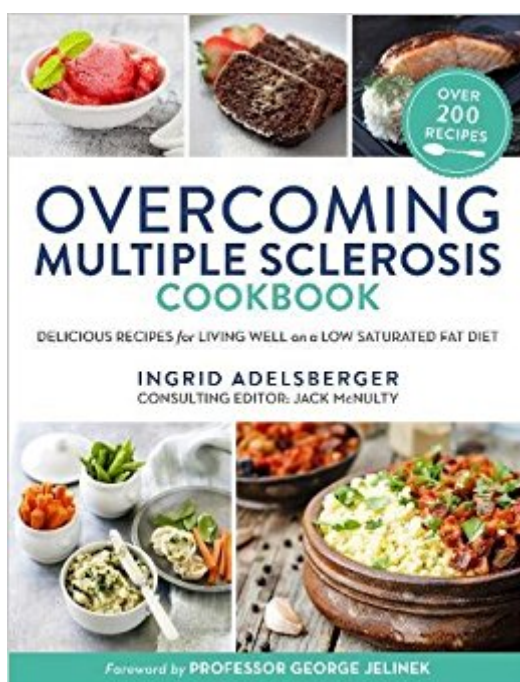


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# Overcoming Multiple Sclerosis Cookbook: Delicious Recipes For Living Well With A Low Saturated Fat Diet



## 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 recipies.

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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

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