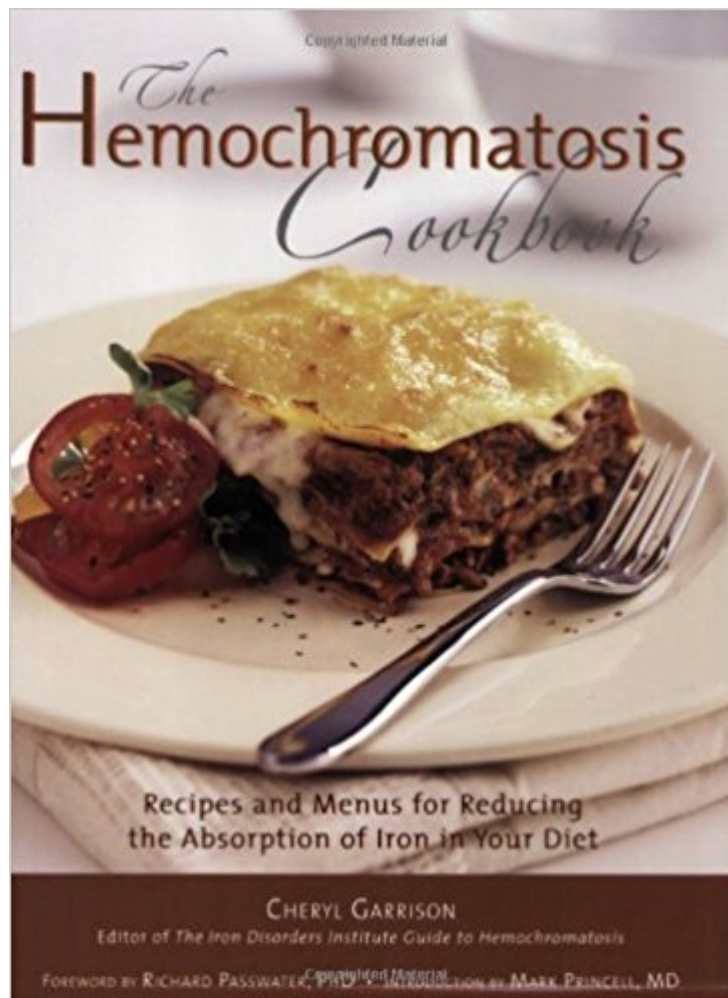




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The Hemochromatosis Cookbook: Recipes And Meals For Reducing The Absorption Of Iron In Your Diet



Synopsis

Hemochromatosis - an inherited metabolic iron disorder - is one of modern medicine's greatest oversights. For people with metabolic iron disorders, controlling the intake of iron contributes to wellness and the prevention of such chronic diseases as: Heart disease; Diabetes; Arthritis; Liver disease; Impotence; Depression. The Hemochromatosis Cookbook is written specifically for those who suffer from such iron disorders. It has chapters on all of the traditional categories found in most cookbooks: appetizers, salads, fruits and vegetables, main courses and casseroles, breads and muffins, and desserts. In addition, The Hemochromatosis Cookbook provides: Easy-to-prepare, reasonably priced recipes that impede the body's absorption of iron; Food values and tips suggesting substitutions for reduced fat, sodium, and sugar; Helpful menu planning for busy schedules, cooking for company, or cooking for two; Diet plans for a typical week, including meals that can be prepared ahead of time and frozen; A shopping checklist with reminders about iron content; A chart showing the iron contents of common foods and vitamin supplements; A general explanation of iron imbalances, such as hereditary hemochromatosis, acquired iron overload, and anemia

Book Information

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Customer Reviews

Cheryl Garrison was instrumental in her son's diagnosis and treatment for iron overload in 1997 and is now the founding director of the Iron Disorders Institute where she developed the institute's

publications, including idInsight Magazine and the books Guide to Hemochromatosis, Guide to Anemia, and The Hemochromatosis Cookbook.

This cookbook helped immensely to be able to control my son's iron overload and keep him able to live a comfortable existence for the time he had left. I feel if a person was diagnosed early in life before the symptoms appear of organ failure there is a strong chance of averting a lot of the damage to the organs by the iron. Recipes in this book are tasty and easy to follow plus explains how to calculate what is in it.

Difficult to read; overly technical. I had hoped for a straight-forward book with common recipes modified for this condition. Also, a straight-forward Eat This - Not This approach would have been more helpful. Also wanted a simple chart of what to eat with what, or vice-versa. The information is in the book, but you really have to dig to get it out.

An interesting cookbook and have tried a few recipes. Will probably try a few more. Mainly how to marinate meat using tea and, for the most part, stay away from beef, fat, and grilling (bought a ceramic cooktop for my grill to replace the furnished iron grill) Found the introduction interesting, but only a few items my GI had not already told me.

good book

I found it very good reading I learnt things I weren't sure about. I am glad I purchased it, and would not hesitate in recommending it to anyone else

Great cookbook for reducing your iron content. I was a little taking back with some of the recipes that called for cooking the meal with black tea, coffee and other teas, I was like no way!! But they really do taste good and you can't taste the tea or coffee. If you read through you start to see/gain knowledge in how to cook other dishes not listed but using the cooking directions for the recipes.

This book is fantastic. Not only does it provide wonderful information on hemochromtosis but the recipes are really good

Very informative book.

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