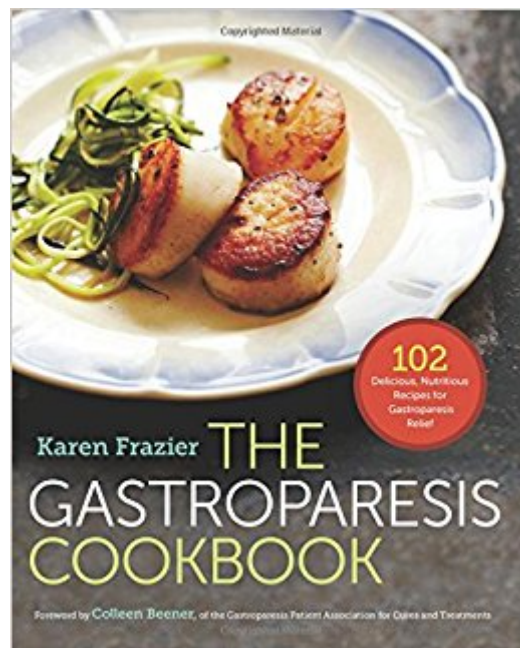




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The Gastroparesis Cookbook: 102 Delicious, Nutritious Recipes For Gastroparesis Relief



Synopsis

“[Karen] understands our issues and has come up with pleasing flavors and textures that are gentle on our tummies.” • Colleen Beener, G-PACT Operations Director and Gastroparesis Advocate While diet alone cannot cure Gastroparesis, carefully managing what you eat can help control your symptoms. The Gastroparesis Cookbook incorporates healthy, whole foods into Gastroparesis-friendly recipes, alongside tips and supportive stories from people managing Gastroparesis. Managing your meals with Gastroparesis is tasty and easy, with: Over 100 easy-to-prepare, nutritious Gastroparesis-friendly recipes, including several family-friendly and slow cooker versions. A simple two-week Gastroparesis meal plan for easing symptoms. Helpful cooking and shopping tips to cut down on prep time. Recipes for managing coexisting conditions like diabetes, GERD, IBS, and more. Real-life stories and advice from members of the Gastroparesis Patients Association for Cures and Treatments (G-PACT). Make the foods you eat count. The Gastroparesis Cookbook shows you how to eat smart every day, every meal.

Book Information

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Customer Reviews

Karen Frazier is a nutrition and fitness expert who specializes in cookbooks for special need diets. Diagnosed in her early 40s with celiac disease and an acute dairy allergy, she understands how challenging it can be to eat a restricted diet that is both healthful and satisfying. Karen is the author of The Hashimoto's Cookbook and Action Plan and Nutrition Facts. She is also the Health editor of LoveToKnow.com. Diagnosed with Gastroparesis in 2001, Colleen Beener personally

understands the importance of proper diet and a strong support network to manage the condition. As an advocate for Gastroparesis patients, she began volunteering with the Gastroparesis Patients Association for Cures (G-PACT) in 2004 and currently serves as a member of its Board of Directors.

This is a cook book for those people who cook or can stand long enough to make a meal. Both my husband and I can't do that. The personal stories are good information. The recipes are ok but too complicated for either of us to do. We need simple recipes that can be done in about 5 mins or less.

My boyfriend's sister and dad have this and he has a bleeding ulcer and I have gas issues since losing 110 lbs., so I try to find recipes that will be easy on the stomach. When I first started reading this book I was pleasantly surprised with the information in the beginning of the book. This book has a wealth of information and links to other sources. It also gives you a list of things for your pantry as well as helpful hints and tips. There is also a 2-week meal plan with all of the recipes, which I find to be helpful. Each recipe is labeled to help you to determine which ones you can or cannot eat for your condition. At the end of each recipe there are substitution tips. I have not tried the recipes in this book yet, but they look and sound very good and cannot wait to start trying them. I would recommend this book to anyone who has stomach issues. I received this product for free in exchange for my honest and unbiased review.

So excited! Got my book today. Finding it to be very informative. I'm super excited about the recipes. I like to cook so I'm not finding any of the recipes difficult to make. It has you making a few things to use in other recipes that might be daunting to some (like almond milk for example), otherwise not so hard. Each one tells you nutritional values, whether it's dairy free, gluten free, low FODMAP, low carb, SIBO friendly, GERD friendly and for those with diabetes, low sugar. At this point I would recommend this book!! :-)

I really liked the actual recipes and the information about gastroparesis. What I plan to do is to actually buy the book (hard copy). Cookbooks on the Kindle are hard to read and actually use the recipes. Information good but the Kindle format for a cookbook does not work for me.

This is a great cookbook for those newly diagnosed with gastroparesis or gastric retention! The recipes are also labeled as low FODMAP, gluten free, etc. I'm gluten and lactose intolerant as well so that was helpful! Also, the introduction is very good and makes you more knowledgeable about

gastroparesis. Definitely, would recommend!

I wish I had all the time in the world to cook because it is amazing how much better you feel when you follow this diet and this cookbook is wonderful! You'd be surprised how tasty some of these recipes are and also how little time some of them take. Writing this is making me want to jump back on the bandwagon and feel good again. Happy cooking!

This book is amazing. I've only had it for a few days but it already has helped me so much. Not only do you get some wonderful recipes, the book also has plenty of information on Gastroparesis, meal portions, nutrition, diagnostic guidelines, etc... Truly a helpful book. I would recommend it to anyone struggling with Gastroparesis.

Just didn't have enough information beyond saying experiment for someone with both diabetes and gastroparesis. Lots I still haven't been able to incorporate. From summary thought there would be a lot more meals with 5 grams of fat and 5 grams of fiber. Would work as just healthy eating in general. New to diagnosis so found it just disappointing.

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