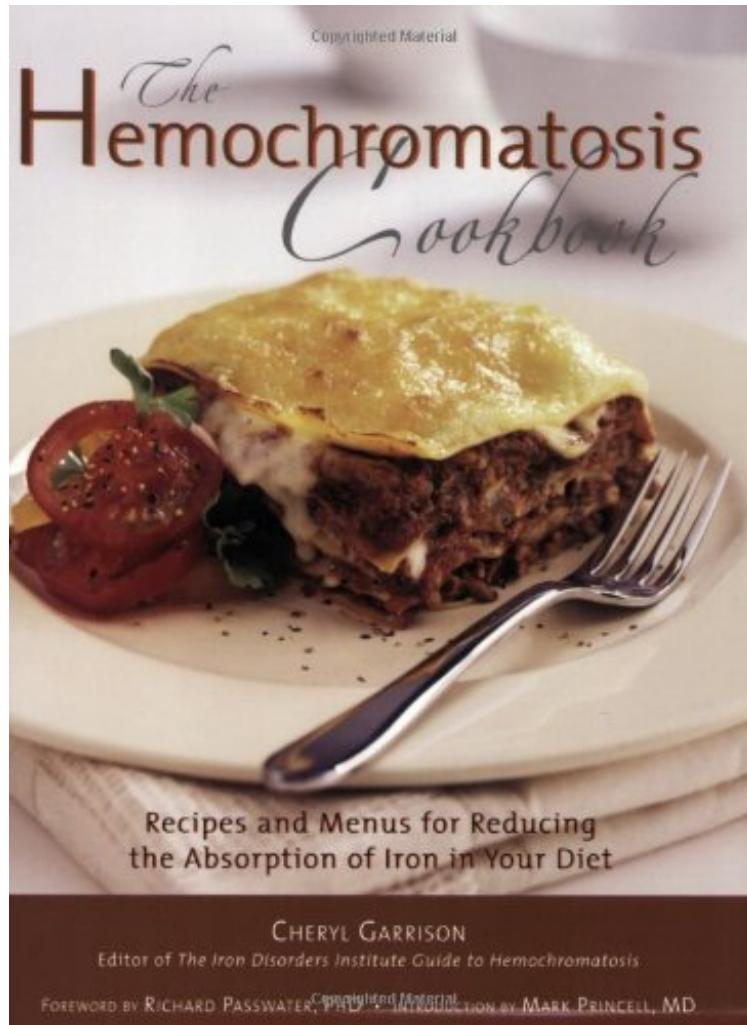


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The Hemochromatosis Cookbook: Recipes and Meals for Reducing the Absorption of Iron in Your Diet

Cheryl Garrison

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Cheryl Garrison : The Hemochromatosis Cookbook: Recipes and Meals for Reducing the Absorption of Iron in Your Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised The Hemochromatosis Cookbook: Recipes and Meals for Reducing the Absorption of Iron in Your Diet:

9 of 9 people found the following review helpful. DisappointingBy Becky KnowltonDifficult 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.0 of 0 people found the following review

helpful. WonderfulBy PatriciaI was diagnosed with this compromise in my genes in 2004, really did not know what to make of it. Have been managing it ok however the food part of it was a little confusing. This book helped me a lot . I am a cookbook collector and this book is my best companion and fits in with the family! We are foodies!5 of 5 people found the following review helpful. Cooking with TeaBy BLBAAn 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.

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 DepressionThe 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

About the AuthorCheryl 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.