The Fibromyalgia Cookbook: More Than 120 Easy And Delicious Recipes
Roughly 6 to 8 million people in the United States alone are afflicted with fibromyalgia. A widespread muscular-skeletal syndrome, fibromyalgia touches people of all ages, male and female, as an unrelieved aching and burning pain, often accompanied by fatigue, that leaves its victims feeling exhausted. Fibromyalgia inflicts terrible wounds that leave no scars, and it is very difficult to treat. While drugs and pain suppressants are available, healthy food alternatives, including herbs and other natural foods, also help in combating the pain and exhaustion associated with the syndrome. The Fibromyalgia Cookbook is designed to help those who suffer from this affliction to find relief from their discomfort. An introduction by Dr. Alison Bested explains the nature of fibromyalgia and the role of diet in finding relief from its symptoms. The rules are few and basic: No red meat No green peppers No eggplant Avoid heavy, starchy food The diet is low in sodium and low in fat, with no processed sugars. (Natural sweeteners such as honey and fruit are used.) No white flour (spelt flour and rice pasta are good substitutes.) Soy butter, virgin olive oil, and flaxseed oil are suggested for salads. Many other satisfying possibilities are provided! Focusing on natural foods and herbs, the authors emphasize pure foods with no additives, the lowest levels of toxins, and the greatest amount of nutritional value. The Fibromyalgia Cookbook contains a glossary which explains the strengths and dangers of specific foods, and 124 delicious recipes, divided into: Soups Salads Veggies Fibro-Fish Dishes Dressings Sauces and Dips Fruit Rice and Pasta Bread

Book Information
Paperback: 155 pages
Publisher: Cumberland House (March 20, 2002)
Language: English
ISBN-10: 1581822707
Product Dimensions: 8 x 6 x 0.5 inches
Shipping Weight: 9.3 ounces
Average Customer Review: 4.1 out of 5 stars See all reviews (34 customer reviews)
Best Sellers Rank: #742,426 in Books (See Top 100 in Books) #184 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia #3433 in Books > Health, Fitness & Dieting > Women’s Health #4642 in Books > Cookbooks, Food & Wine > Cooking Methods

Customer Reviews
My interest in this book was not as a Fibromyalgia sufferer myself. My goal was to further my education in understanding FM so that I may better serve and empathize with those that are suffering from FM! You see, my dearest, closest friend and companion, is just one of the millions of FM's victims. The Fibromyalgia Cookbook is a timely Godsend for millions of sufferers of this terrible, chronic illness. The forward is written by professional Doctors specializing in Fibromyalgia and contains excellent information, in easy to understand, layman's terms, to assist both FM patients and those wanting to better understand the nature of FM. They describe how eating smarter is another tool to aid in coping with FM. Avoiding or minimizing known and potentially harmful foods, additives and chemicals from your diet and then, through a guided selection process, replacing or substituting these with beneficial foods containing proper nutrients and vitamins, you can learn to eat smarter and feel better. To aid the FM patient, the forward of the Fibromyalgia Cookbook also includes a simple example of a "short elimination diet" and a reference section for those that desire to follow up by doing research in more detail. The author's heart felt introduction, clearly describes the trials which she had to face as an FM victim and how she is overcoming them through her faith, determination, courage and proper eating and lifestyle. She was motivated to prepare this book as a result of her self-less love and compassion for her fellow FM sufferers. The tasty and nutritious recipes are excellently chosen and provide mouth-watering selections for everyone, but were specifically prepared with FM patients in mind.

Download to continue reading...

Fibromyalgia: The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods! The Fibromyalgia Cookbook: More Than 120 Easy and Delicious Recipes The Fibromyalgia Cookbook: More than 140 Easy and Delicious Recipes to Fight Chronic Fatigue The I Heart Naptime Cookbook: More Than 100 Easy & Delicious Recipes to Make in Less Than One Hour Leafy Greens: An A-to-Z Guide to 30 Types of Greens Plus More than 120 Delicious Recipes Summer on a Plate: More than 120 delicious, no-fuss recipes for memor The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! Exercises for Fibromyalgia: The Complete Exercise Guide for Managing and Lessening Fibromyalgia Symptoms Greek Cuisine Cookbook: 50 Easy and Delicious Greek Recipes (Greek Recipes, Mediterranean Recipes, Greek Food, Quick & Easy) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves Date Night In: More than 120 Recipes to Nourish Your Relationship