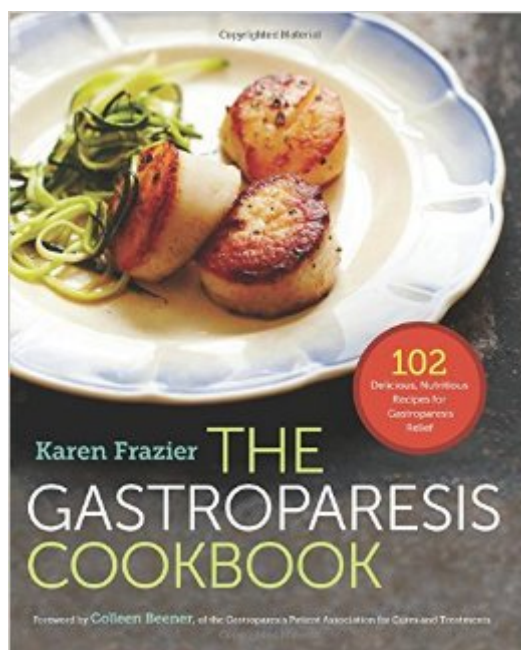


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# The Gastroparesis Cookbook: 102 Delicious, Nutritious Recipes For Gastroparesis Relief



## 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

I have received a free copy of this cook book in return for my unbiased review. I have been struggling for gastroparesis for many years and was diagnosed in 2013, officially. I am a book person and I googled and searched for cook books and informational books about this new and uncharted territory that I suddenly found myself in. I did not find a book that I found helpful because I was so weak and tired and all of the books were too "complicated". Gastroparesis has made me feel

like I am living in a brain fog. Luckily, not all the time. Alas, I did not find a book to help me very much and I began to just try to figure things out by myself. Over the last 4 years my weight has fluctuated between 80 pounds to 130 pounds. I am 5'2" and 80 pounds was scary! I am excited about "The Gastroparesis Cookbook" because I didn't feel more nauseous after reading it!! Usually just looking at food makes my stomach more and more upset. After dealing with the diagnosis for years, I just read "The Gastroparesis Cookbook" by Karen Frazier and I found myself nodding my head in agreement with each new chapter. The chapters are designed in a way that makes this book read almost like a novel! A really good one! I love the format and how easy it is to understand the awkward and foreign topic of gastroparesis. Bravo to Karen Frazier! I will recommend this book to everyone I know with Gastroparesis or other stomach ailments. I think that family members of Gastroparesis patients should also read this! It will be a helpful tool for everyone in the family. This book will allow family members to easily understand a disease that just doesn't seem to make sense!

I liked that the author of the book had a meal plan listed to help individuals with gastroparesis make affordable, simple meals that are minimally processed. It was helpful that the items she listed in the recipes were not hard to find, but had easily prepared ingredients. Plus, she had great tips such as preparing the meals ahead of time and making big batches of food, such as soups. She also mentioned that the meals can be kept in the freezer or refrigerator for long periods of time. Some items necessary for the recipes in this book was a slow cooker, vegetable peeler, cutting board, measuring cups/spoons, wood spoon, rubber spatula, blender, colander/sieve, dutch oven/stockpot, pot (small & large), saute pans (small & large). Furthermore, she mentioned that there are a few items useful to have all the time in the pantry, such as canned/package goods, dairy, condiments, dry goods, and dried herbs/spices. I liked some of the recipes, such as ginger fizz that is suppose to be like ginger ale or the ginger nausea tea. Some of the food recipes I thought was good, was asparagus quiche, crab quiche and spring & spinach alfredo or coconut flan. It was interesting how she also mentioned possible reasons why people might have gastroparesis, such as having an infection, abdominal surgery, endocrine disorder, anorexia/bulimia, autoimmune disorder or certain medications. I liked that she mentions some tests that people undergo to see if they have gastroparesis, such as a upper GI endoscopy, CT scan, MRI scan, and a gastric emptying test. Another useful tidbit of information was who someone should see in order to receive medical advice.

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