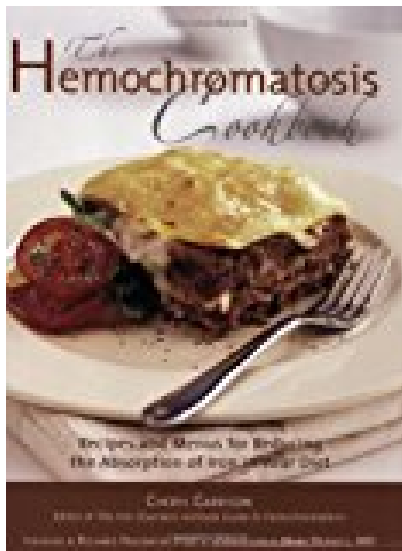


# The Hemochromatosis Cookbook Recipes and Meals for Reducing the Absorption of Iron in Your Diet

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## BOOK DETAILS

- Author : Cheryl Garrison
- Pages : 304 Pages
- Publisher : Cumberland House
- Language : English
- ISBN : 1581826486

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## **BOOK SYNOPSIS**

Hemochromatosis - an inherited metabolic iron disorder - is one of modern medicines 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 bodys 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

### **THE HEMOCHROMATOSIS COOKBOOK RECIPES AND MEALS FOR REDUCING THE ABSORPTION OF IRON IN YOUR DIET** - Are you looking for

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