

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

By Karen Frazier

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"[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.

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Editorial Review

About the Author
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.

Users Review

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