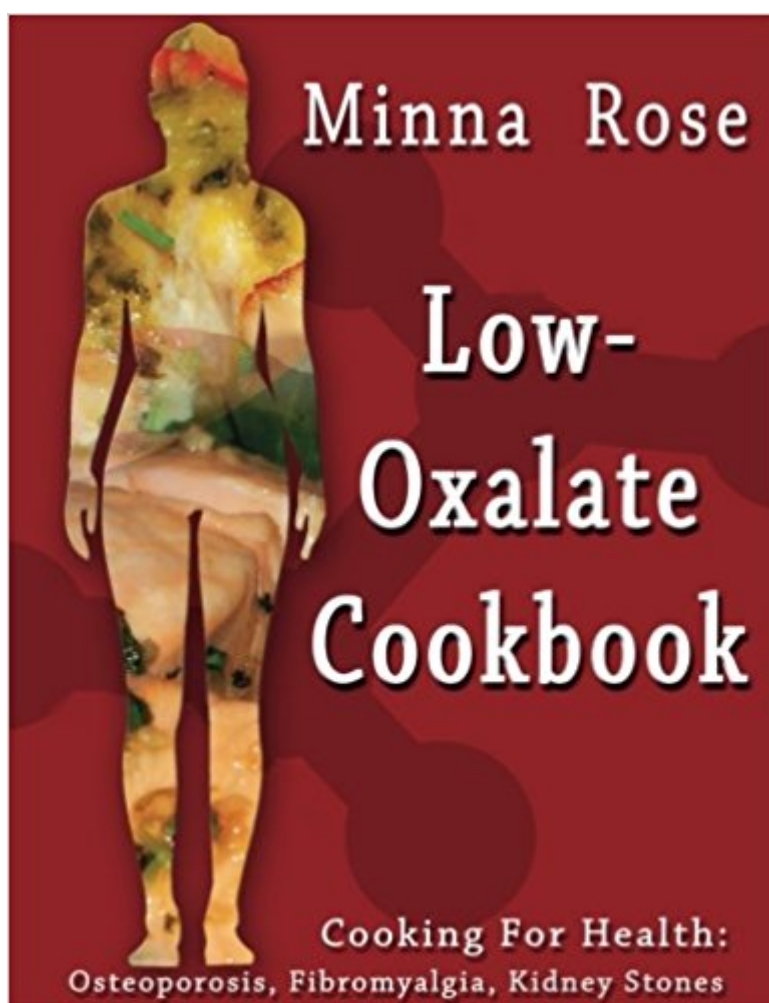


The book was found

Low-Oxalate Cookbook: Osteoporosis, Fibromyalgia, Kidney Stones (Cooking For Health) (Volume 1)



Synopsis

Food is our body's fuel, and when we are ill, what we eat becomes even more important. Choosing particular foods and avoiding others can help your body fight your symptoms, and Minna Rose's Cooking for Health series of cookbooks are designed to help you in your quest for better health. The Low-Oxalate Cookbook is a delicious introduction to a low-oxalate diet. With details of which foods to embrace and what to avoid, you are sure to find a new favourite meal within its pages. Oxalates are organic acids, found in most vegetables and fruits, which hinder the absorption of calcium. A low-oxalate diet can therefore help people who suffer from osteoporosis and kidney stones to manage their condition. Oxalates may also be a contributing factor in the pain of fibromyalgia, and again a low-oxalate diet may help. Having suffered from fibromyalgia for many years, Minna Rose has created this recipe book for pain, refusing to compromise on flavour and creating delicious meals using only foods low in oxalates. Each recipe comes with detailed instructions and mouth-watering photography, as well as ideas of how to use any leftovers - many of which are delicious recipes in their own right. Fresh and nutritious food is very important for a healthy life, just as tasty food, shared in good company, is essential for a happy and enjoyable life. Minna Rose's cookbooks combine the two in over twenty recipes, all of which are easy to follow and recreate. Minna Rose's cookbooks are popular in both the UK and US, as well as around the world, and as a US pint is a very different measurement to a pint in the UK (1 UK pint = 1.2 US pints), the measurements are given in metric to avoid any confusion and ensure that everyone can follow her recipes and expect the same tasty results.

Book Information

Series: Cooking for Health

Paperback: 38 pages

Publisher: LionheART Publishing House; 1 edition (February 23, 2016)

Language: English

ISBN-10: 1910115584

ISBN-13: 978-1910115589

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 5.3 ounces (View shipping rates and policies)

Average Customer Review: 3.1 out of 5 stars 4 customer reviews

Best Sellers Rank: #666,291 in Books (See Top 100 in Books) #53 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Osteoporosis #724 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #3877 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

The Low-Oxalate Cookbook is a delicious introduction to a low-oxalate diet. With details of which foods to embrace and what to avoid, you are sure to find a new favourite meal within its pages. Minna Rose's cookbooks are popular in both the UK and US, as well as around the world, and as a US pint is a very different measurement to a pint in the UK (1 UK pint = 1.2 US pints), the measurements are given in metric to avoid any confusion and ensure that everyone can follow her recipes and expect the same tasty results.

Food is our body's fuel, and when we are ill, what we eat becomes even more important. Choosing particular foods and avoiding others can help your body fight your symptoms, and Minna Rose's Cooking for Health series of cookbooks are designed to help you in your quest for better health. The Low-Oxalate Cookbook is a delicious introduction to a low-oxalate diet. With details of which foods to embrace and what to avoid, you are sure to find a new favourite meal within its pages. Oxalates are organic acids, found in most vegetables and fruits, which hinder the absorption of calcium. A low-oxalate diet can therefore help people who suffer from osteoporosis and kidney stones to manage their condition. Oxalates may also be a contributing factor in the pain of fibromyalgia, and again a low-oxalate diet may help. Having suffered from fibromyalgia for many years, Minna Rose has created this recipe book for pain, refusing to compromise on flavour and creating delicious meals using only foods low in oxalates. Each recipe comes with detailed instructions and mouth-watering photography, as well as ideas of how to use any leftovers - many of which are delicious recipes in their own right. Fresh and nutritious food is very important for a healthy life, just as tasty food, shared in good company, is essential for a happy and enjoyable life. Minna Rose's cookbooks combine the two in over twenty recipes, all of which are easy to follow and recreate.

There are 15 recipes in this booklet. I was surprised to find so many ingredients without measurements and the rest in metric.

Very helpful.

I was very interested in this book as my husband has suffered from recurrent kidney stones. Felt a bit reluctant due to one unfavourable review but 15 recipes for less than £1 seemed a bargain to me...and in fact there are more recipes as almost all include suggestions for variations and using up leftovers of the main dish/ingredient and there is also general information and a positive tone to this book. The fish recipes are particularly yummy and I like her use of different flavours. Am going to look at other cook guides by this author!

not what I expected

[Download to continue reading...](#)

Low-Oxalate Cookbook: Osteoporosis, Fibromyalgia, Kidney Stones (Cooking for Health) (Volume 1)
1) Low-Oxalate Cookbook: Osteoporosis, Fibromyalgia & Kidney Stones (Cooking for Health Book 1)
1) Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101)
Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series)
Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners)
Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD)
Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)
Kidney Diet Cookbook for Two: 68 Simple & Delicious Kidney-Friendly Recipes For Two (The Kidney Diet & Kidney Disease Cookbook Series)
Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)
Fibromyalgia: The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods!
Renal Diet Cookbook: Free Yourself from Kidney Disease and Kidney Stones with Low Sodium and Low Potassium Recipes for Healthy Kidneys (photos + nutritional information of every recipe!)
The Kidney Health and Renal Diet Cookbook for Beginners: 50 Hand Picked Meals for Patients With Kidney Disease (Andrea Silver Kidney Health) (Volume 1)
Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure)
Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low

carb cookbook, low carb recipes) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) The Kidney Disease Cookbook: Delicious Kidney-Friendly Recipes to Help Manage Your Kidney Disease Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)