



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

By Cheryl Garrison

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

Hemochromatosis - an inherited metabolic iron disorder - is one of modern medicine's 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 body's 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

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### **Editorial Review**

#### About the Author

Cheryl Garrison was instrumental in her son's diagnosis and treatment for iron overload in 1997 and is now the founding director of the Iron Disorders Institute where she developed the institute's publications, including idInsight Magazine and the books Guide to Hemochromatosis, Guide to Anemia, and The Hemochromatosis Cookbook.

### **Users Review**

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This The Hemochromatosis Cookbook: Recipes and Meals for Reducing the Absorption of Iron in Your Diet book is just not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is definitely information inside this publication incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This specific The Hemochromatosis Cookbook: Recipes and Meals for Reducing the Absorption of Iron in Your Diet without we recognize teach the one who examining it become critical in considering and analyzing. Don't be worry The Hemochromatosis Cookbook: Recipes and Meals for Reducing the Absorption of Iron in Your Diet can bring whenever you are and not make your tote space or bookshelves' come to be full because you can have it in your lovely laptop even cell phone. This The Hemochromatosis Cookbook: Recipes and Meals for Reducing the Absorption of Iron in Your Diet having fine arrangement in word as well as layout, so you will not sense uninterested in reading.

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