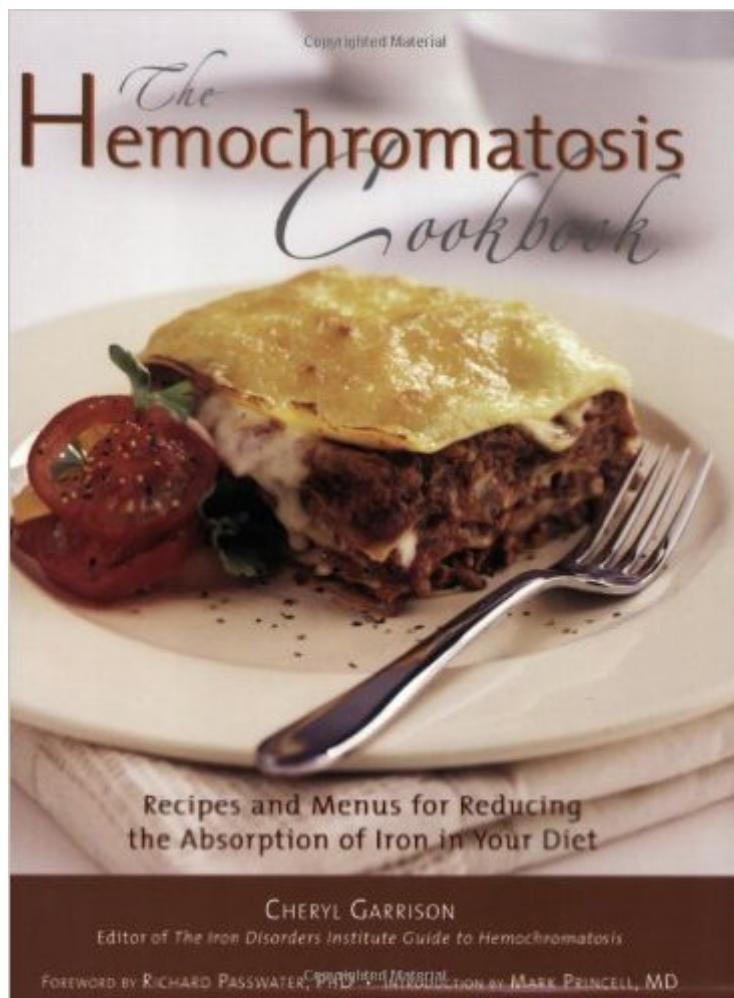


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# The Hemochromatosis Cookbook: Recipes And Meals For Reducing The Absorption Of Iron In Your Diet



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

I bought this book for my daughter's boyfriend that was diagnosed with hemochromatosis quite a few years back. He along with my daughter are thrilled with the book (he's the cook). In the first part

of the book there is a deep enough explanation of the disorder that is written in layman's terms. When it first arrived, I flipped through and was quite surprised at how many recipes are in it and was amazed at how many recipes called for tea. It seems to have opened up a new world for him. He eats well, sticks to the diet and has been exercising. The last time I saw him he looked like he was in tip-top shape. Of course he still goes for his blood-letting sessions, but he has also taken charge of his diet and overall health. I highly recommend this book to anyone that has this disorder or has a loved one that does. Great gift item!

This cookbook is a great place to start if you want to understand iron absorption in your diet and gain a sense of control over your iron intake. Like the old adage about teaching a man to fish, it provides real tools for those of us with HHC. The authors don't just present a bunch of recipes. Instead they take the reader through a layman's overview of iron absorption and how it can be blocked. There is enough information in here that the experienced or adventurous cook can even extrapolate and create his/her own iron-blocking recipes (although there are enough recipes in the cookbook that there is no "need" for this). 3 members of my family have been diagnosed with HHC (including my mother), and my mother was cutting all kinds of things out of her diet (meat, certain vegetables, etc.) because they contained "too much" iron. I gave her The Hemochromatosis Cookbook for Christmas and she has called me numerous times to tell me how thrilled she is with the information and recipes, what she's making now, etc. The Hemochromatosis Cookbook showed her that she didn't have to give up any particular foods; she just has to combine her intake of iron rich foods with iron-blocking foods/nutrients. The Hemochromatosis Cookbook really gives one a sense of power over that rusty little element, providing multiple options for controlling and blocking dietary iron absorption.

A nurse told me about this cookbook and said she knows of one patient who uses it and has helped him keep his Hemochromatosis under control. I bought the book and have only read the information in the front of the book and this alone is worth it. I haven't tried the recipes yet, but intend to. I am trying to combine it with Atkins Diet as they are very similar, except Atkins doesn't have any sugar. I think this is a good book for anyone with Hemochromatosis. It's very informative and is also recommended by The Iron Disorders Institute.

This cookbook helped immensely to be able to control my son's iron overload and keep him able to live a comfortable existence for the time he had left. I feel if a person was diagnosed early in life

before the symptoms appear of organ failure there is a strong chance of averting a lot of the damage to the organs by the iron. Recipes in this book are tasty and easy to follow plus explains how to calculate what is in it.

Difficult to read; overly technical. I had hoped for a straight-forward book with common recipes modified for this condition. Also, a straight-forward Eat This - Not This approach would have been more helpful. Also wanted a simple chart of what to eat with what, or vice-versa. The information is in the book, but you really have to dig to get it out.

I liked this book and keep it handy for meal planning and checking out iron content in foods. The recipes are good and easy to make. I didn't learn anything new reading through this cookbook. The recipes and planning are really no different than can be found in approaches to low fat/ low cholesterol diets. I think this book is very helpful and an important tool for those newly diagnosed with hemochromatosis. I gave it a 3 star rating simply because I thought the recipes and info was fairly standard. In most other respects it is a 5 star product.

I found it very good reading I learnt things I weren't sure about. I am glad I purchased it, and would not hesitate in recommending it to anyone else

This book had some good background info in explaining the causes and effects of Hemachromotosis but the receipes were disappointing. Some of the ingredients are notavailable in my area and other ingredients we just don't care for.

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