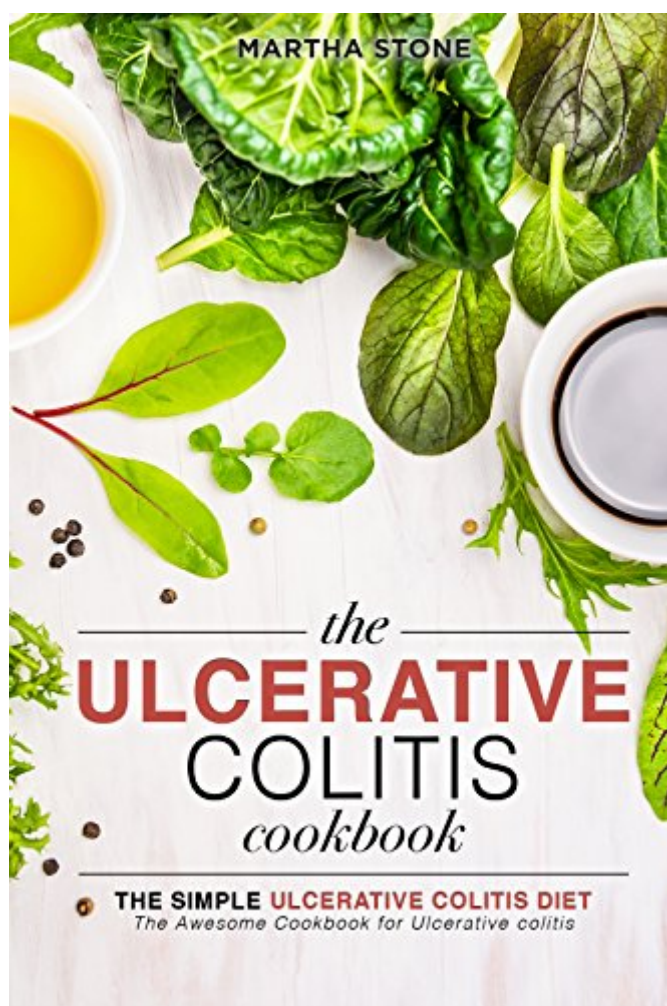


The book was found

The Ulcerative Colitis Cookbook – The Simple Ulcerative Colitis Diet: The Awesome Cookbook For Ulcerative Colitis



Synopsis

When you are diagnosed with a certain health condition, it is super important to educate yourself about it so you can be aware of ways to prevent some symptoms to occur. It is definitely true for ulcerative colitis, and watching what you eat can make a huge difference in the way you feel. This Cookbook for Ulcerative Colitis is made for people like you who either have these recurrent episodes associated with this chronic medical condition or perhaps you have to cook for someone who does. Since you care enough to go the extra mile to learn about this special diet you should follow, we will try to provide you as much useful information as possible. This simple Ulcerative Colitis Diet we propose will focus on what to eat and what to avoid so you don't let your digestive problems control your life, and at times really ruin it. Some guidelines apply but it is crucial to mention that the symptoms and the type of food irritating your digestive system can vary greatly from one individual to another. So the key is to learn what works and does not for you.==> Buy this book today and get a big bonus cookbook collection inside!!!

Book Information

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Nutrition

Customer Reviews

This cookbook is poorly written. There are grammatical errors every line that make it difficult to follow. Also, there are recommendations within the recipes that definitely cannot be good for UC suffers and are contradictory. For example, the introduction says to use refined white breads instead of whole wheat and the first recipe calls for whole wheat tortillas. Not worth the money, I'm going to throw my copy away.

I wonder if she ever studied pathophysiology of UC.. White flour and sugar are definately harmful to UC, as far as I know. And there are too little recipes.

Just outdated

Terrible book. Lots of grammatical errors and spelling mistakes. There are only a few recipes and nearly all of them have several ingredients that greatly irritate my husbands colitis. I have no idea how this book got published, and it is so expensive too! Do not buy, it is not helpful.

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