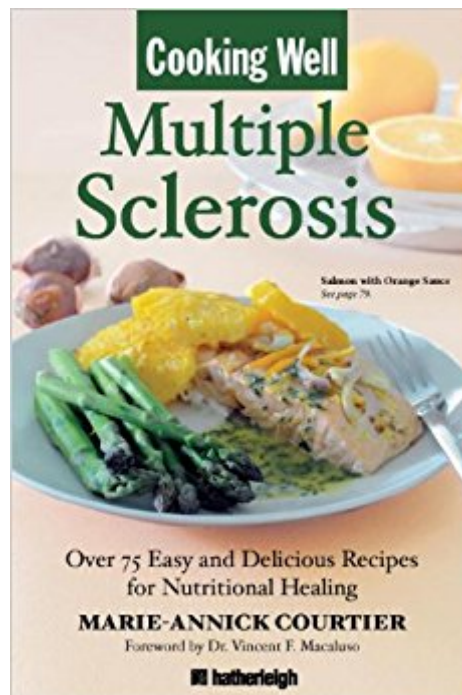




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# Cooking Well: Multiple Sclerosis: Over 75 Easy And Delicious Recipes For Nutritional Healing



## Synopsis

Can practicing a healthy lifestyle, which includes a healthy diet, decrease Multiple Sclerosis symptoms? In the U.S. alone, approximately 400,000 people suffer from Multiple Sclerosis (MS). MS is an autoimmune disease that affects the central nervous system. There are a variety of symptoms of MS, and it affects people in different ways, but there is no cure. Eating well can help strengthen your body, and make living with the disease a little easier. Maintaining a low fat diet with foods containing anti-inflammatory properties can improve your well-being by decreasing your MS-related symptoms and flare-ups. *Cooking Well: Multiple Sclerosis* features over 100 recipes designed to improve daily functioning and aid in the treatment of this disease. *Cooking Well: Multiple Sclerosis* also includes:

- \* An overview on how to live with MS
- \* A list of foods to avoid
- \* A meal diary and checklist to track your progress

All recipes and meals in the *Cooking Well* series have been specially created by renowned health and diet expert, Chef Marie-Annick Courtier. Each book in the series also includes general nutrition information as well as tips on which foods to avoid along the path of nutritional healing.

## Book Information

Series: *Cooking Well*

Paperback: 160 pages

Publisher: Hatherleigh Press; 1 Original edition (June 30, 2009)

Language: English

ISBN-10: 1578263018

ISBN-13: 978-1578263011

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 47 customer reviews

Best Sellers Rank: #199,732 in Books (See Top 100 in Books) #17 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis](#) #180 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #1504 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

Chef Marie-Annick Courtier is a native of Paris, France, where she learned about gourmet foods and wines in the French tradition. Chef Marie holds a Culinary Arts Degree, has worked with many world-renowned chefs, and runs her own personal chef service. A Certified Fitness Nutritionist and

Professional Food Manager, she also teaches cooking and created the new Certified Personal Fitness Chef Program. Chef Marie lives in Orange County, California.

Helpful

good

Great

I do like it. It has many recipes and information.

It is so difficult to find books with recipes and examples of meals that help with the symptoms of MS. It took me a long time to find this book and I am so glad I found it!

Not what I was really expecting, would have liked more fish/seafood recipes. But will try the ones in the book.

:-)

Gives me a greater variation of food to eat

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