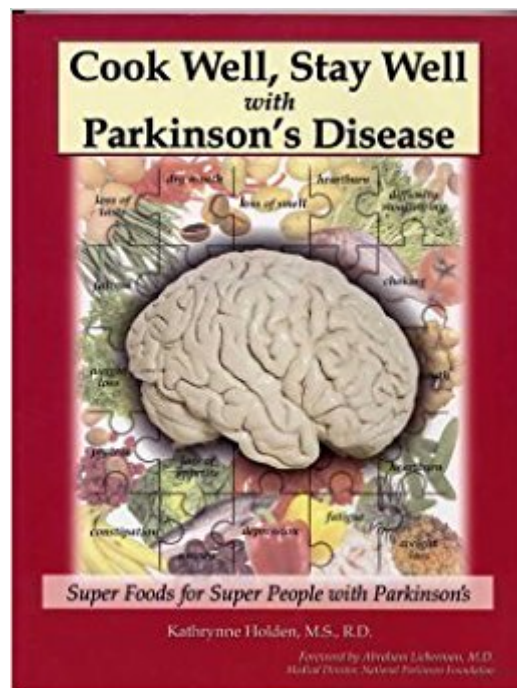




The book was found

Cook Well, Stay Well With Parkinson's Disease - Super Foods For Super People With Parkinson's



Synopsis

Designed for people with Parkinson's and their families. Written by a registered dietitian who specializes in the nutrition needs unique to Parkinson's, this book features popular recipes that are rich in the nutrients most needed by those with Parkinson's disease.

Book Information

Paperback: 211 pages

Publisher: Five Star Living, Inc. (2003)

ISBN-10: 0966437012

ISBN-13: 978-0966437010

Package Dimensions: 10.8 x 8.5 x 0.7 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,157,092 in Books (See Top 100 in Books) #96 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease](#)

Customer Reviews

Designed for people with Parkinson's and their families. Written by a registered dietitian who specializes in the nutrition needs unique to Parkinson's, this book features popular recipes that are rich in the nutrients most needed by those with Parkinson's disease.

After my husband was recently diagnosed with PD, I went into research mode to determine what lifestyle adjustments we could make to assure him of the best quality of health. This book has lots of great nutritional information about what foods will provide the kind of nutrition to benefit those with PD. The recipes are very easy to read and to follow, and the detailed nutrition information is so helpful. However, I was disappointed with how much processed/canned food, gluten, salt, and sugar were used in most of the recipes. All of those things are fairly unhealthy for most people, and I would assume even more so for those with PD whose ability to absorb nutrients and process toxins are compromised by the disease and many of the medications. With all of her great dietary knowledge and clear writing style, I'm rooting for this author to write a newer cookbook with some gluten-free, low-salt, and low-glycemic recipes using more fresh ingredients instead of canned/processed ones. That would be a cookbook deserving of 10 stars!

This is the second time I got this book. shared it with a friend.

Easy to understand. Recipes are a winner.

This is good information for someone learning about the needs of anyone having Parkinson's. I have found this to be helpful.

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