



Essential Gastroparesis Cookbook: 115 Delicious & Easy To Prepare Recipes To Help Manage Gastroparesis (The Gastroparesis Diet & Gastroparesis Cookbook Series)

Lasselle Press

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Manage Your Gastroparesis With Over 115 Delicious Recipes!

A diagnosis of gastroparesis can be a daunting time. If you or someone you know and care for is suffering from the symptoms of this condition, then it is likely that you want to do all that you can to help. Gastroparesis is a chronic condition that does not just go away. It can be difficult to live with. But with the right treatments, foods and professional guidance, you can start to feel better again.

The Essential Gastroparesis Cookbook provides over 115 delicious & easy to prepare meals so you can continue to enjoy delicious meals with your loved ones, family and friends!

As well as providing 115 recipes to help control these symptoms, this book is a guide to gastroparesis, including the likely causes, common symptoms, methods of treatment and even food lists that can be enjoyed along with those that should be avoided or cut down. We even provide hints and tips for getting started and advice for eating out.

Here's a "sneak peek" of what you'll find inside:

- **115 delicious recipes included our delicious Sweet Potato Pancakes, Poached Cod And Pea Puree, Indonesian Broth and Slow Cooked Pumpkin & Spinach Stew**
- **Comprehensive Dietary Advice & Guidance**
- **Each recipe contains the exact amount of calories, protein, carbohydrates, fat, sugar, fibre and sodium.**
- **And Much Much More...**

Scroll Up And Click The "Buy" Button Now To Start Your Journey!

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