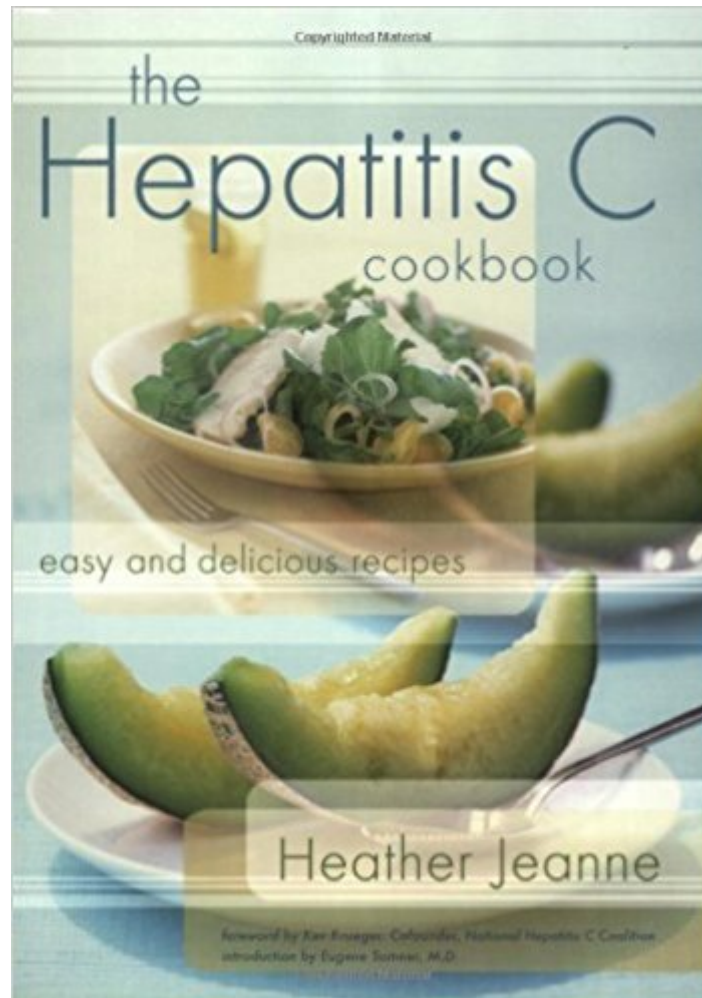


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# The Hepatitis C Cookbook: Easy And Delicious Recipes



## Synopsis

Hepatitis C is a potentially fatal virus that attacks the liver. According to the Centers for Disease Control, Hepatitis C has already infected an estimated four to five million Americans, and worldwide it may have infected as many as 200 million. Most experts agree that if the rate of Hepatitis C infection isn't curbed soon, it will eventually kill more people each year than AIDS. However, Hepatitis C is not always fatal, and it can be fought successfully. For many who suffer from the virus, eating properly can delay the end stages leading to cirrhosis of the liver. It also can diminish the uncomfortable symptoms of the disease. The Hepatitis C Cookbook has been prepared with the special dietary needs of people suffering from Hepatitis C in mind. Hepatitis C does not have to make eating a miserable experience. By using medical guidelines, the Hepatitis C Cookbook provides a road map to healthy, tasty foods to eat and enjoy. Following these dietary changes can also make a significant difference in one's attitude as well as the variety, severity, and frequency of symptoms. All of these considerations can enhance the quality of life for anyone suffering from the disease. All of the recipes are based on the dietary guidelines provided by the medical profession for Hepatitis C. They also have been tested by Hepatitis C patients.

## Book Information

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## Customer Reviews

HEATHER JEANNE has twelve years of experience in the restaurant field. Her recipes have been published in numerous magazines, and she has won local prizes and awards for her great-tasting, creative foods. The founder of her own business, she lives in Laurel, Montana, where she cares for

her father who was diagnosed with late-stage Hepatitis C more than six years ago.

I am a nurse practitioner who contracted Hepatitis C from an accidental needle stick injury. In reading the opening chapters, there were many mistaken facts and flat-out incorrect advice. For example, the author talks about limiting caffeine when recent studies have proven that coffee is very helpful in reducing liver inflammation. Additionally, she talks about "weaning" off red meats, when actually a vegetarian diet is much more beneficial. The cookbook includes many recipes for chicken and fat laden ingredients such as cheeses, cream, etc. This author is not well informed and the cookbook has limited usage. Any informed person with Hep C will immediately recognize how poorly this author researched her topic. She should have included a nutritionist and hepatologist.

Thought it be more of a cookbook not a story book .so I did not enjoy it that much .

not as useful as I thought it would be. it's quite outdated

This cookbook is just okay, nothing really special as far as a have to have recipe. It's just using common sense, and eating fresh vegetables, salad with fresh fruit, lean meat. I'll donate it to our local library.

ok to restricted and we are cured so no need to change the diet

I found a recipe that I like to cook all the time. It is good to find recipes you can use when your love one is not sick.

I love it

Delivery was quick!! Great service and received item in new or like new condition. Cannot ask for more. Excellent information for a person trying to find out more about Hep C for a loved one.

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