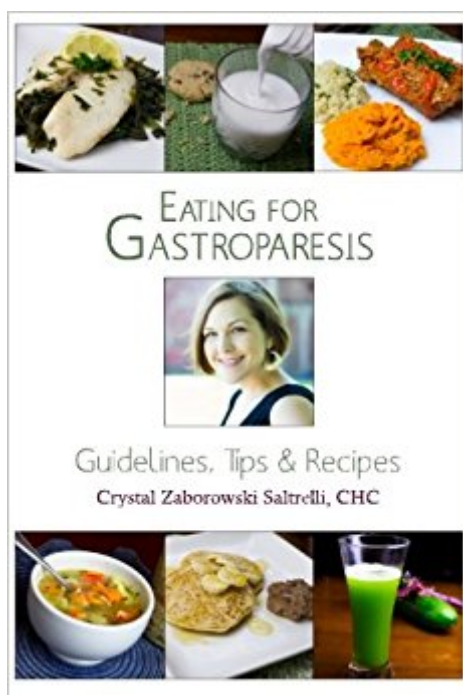


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# Eating For Gastroparesis: Guidelines, Tips & Recipes



## Synopsis

Certified Health Coach and Gastroparesis Expert Crystal Saltrelli has helped thousands of people around the world learn to live well with gastroparesis. In this brand new edition of *Eating for Gastroparesis: Guidelines, Tips & Recipes*, Crystal sets forth practical, easy-to-understand dietary modifications to help alleviate your symptoms...without compromising your nutrition and overall health. You'll learn Crystal's ten guidelines of Eating for Gastroparesis, as well as how to choose gastroparesis-friendly food at home, in restaurants, and while socializing. Through extensive food lists, answers to all of the most frequently asked questions, dozens of helpful tips, and over 75 nutrient-rich recipes, you'll discover that a gastroparesis diagnosis does not have to mean the end of healthy, enjoyable eating. All of the recipes in this book are gastroparesis-friendly. The vast majority are low-FODMAP, gluten-free, and dairy-free, as well. You'll also find grain-free, vegetarian, vegan, and allergy-friendly recipes. All based on whole food nutrition. Recipes include: Baked breakfast Sausage Gluten-Free Waffles Spinach & Egg Breakfast Casserole Everyday Green Juice Banana-Free Smoothie Vegetable Soup Tomato-Less Meatloaf Bison Stew Shepard's Pie Quick Turkey Fried Rice Confetti Millet Roasted Root Vegetables Chocolate Chip Cookies (Gluten-Free & Vegan) Birthday Cupcakes...and 70 more!

## Book Information

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## Customer Reviews

"Crystal's books are a gold mine to anyone living with gastroparesis. It is the first resource I direct my patients to, whether newly diagnosed or not. I personally use many of Crystal's recommendations and resources to manage my own gastroparesis and to help others navigate this new way of eating and living. I trust Crystal's information, as she digs deep to provide accurate and

up-to-date information for her readers." - Angela Moeding, Registered Dietitian

Crystal Saltreli is an author, educator, and Certified Health Coach who has helped thousands of people worldwide learn to live WELL with gastroparesis. Crystal was diagnosed with idiopathic gastroparesis in 2004. That diagnosis led her to study Health Counseling and Holistic Nutrition. She became a certified as a Health Coach by the American Association of Drugless Practitioners in 2010. Crystal also holds a Bachelor's Degree in Sociology from Dartmouth College and has completed continuing education coursework in mind-body health via the Harvard School of Medicine, Massachusetts General Hospital, and UCLA. Her articles have been featured in the American Journal of Gastroenterology, International Foundation for Functional GI Disorders' Digestive Health Matters magazine, and Digest, a publication of the UNC Center for Functional GI Disorders. For more information, please visit [www.LivingWithGastroparesis.com](http://www.LivingWithGastroparesis.com).

This book gave me so much information about what to expect with my newly diagnosed Gastroparesis. It explained the disease, what I could eat, places to go for answers & a multitude more of info. All in all, an important tool to fight the war on this disorder.

I enjoyed this book as it gave me alot of information that I was not aware. I was able to understand what I could and could eat so that I wouldn't get sick. I always like to get as much information as I can to better prepare instead of getting sick. I have past this book on to another who just got diagnosis so that she can start to have a pain free meal.

A comprehensive description of the condition with a number of approaches to dealing with the symptoms including both typical medical intervention and the use of supplements. The numeous food recommendations and recipes are helpful. This is a little understood illness that needs to receive more attention from the medical community. The lack of understanding by those who are not affect by the condition becomes a major problem when dealing with friends and others. The author deals with this issue to some extent.

Got this book to receive more information about gastroparesis. This is the second book that I got and have found that there is a lot of information you can get that you can't get when you sitting in the doctors office. I would recommend this book

This book has helped guide me through gastroparesis in so many ways. Without this book, I would not have the knowledge to take care of myself in the best way possible and my quality of life has greatly improved after reading this book. If you have gastroparesis you owe it to yourself to purchase this book.

This is the book I have been waiting for! I have been suffering with Gastroparesis for years and have been really lost trying to find thorough information on it. It answered every imaginable question I had about this disease from medical treatment, symptoms, nutrition, dealing with stress, etc. There are great recipes which is awesome because cooking with this disease has been a big challenge for me. Also while reading it I feel like I can relate to the author Crystal Saltrelli because she has the disease as well. I definitely recommend this for anyone that is dealing with or knows someone that has Gastroparesis.

Very well written and pretty much the information you might get from your doctor if they could take the time. I look at this as a reference book-after reading, I marked the pages that I would need over and over - I bought the Kindle version because for me, this is an invaluable tool in living with this condition. As somebody who has experienced this condition, the author was able to write with authority and a full understanding about coping with this condition.

A lot of useful information. Great book for learning dos and don'ts with Gastroparesis.

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