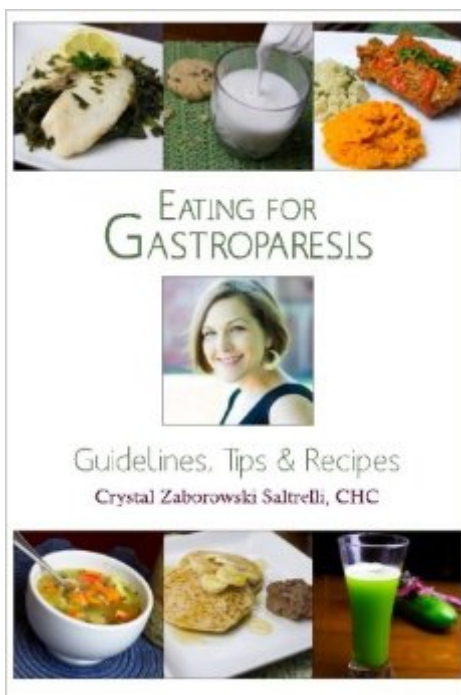


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# Eating For Gastroparesis: Guidelines, Tips & Recipes



## 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

I was recently diagnosed with gastroparesis, and my GI doc sent me away with the following advice: Eat a low residue, low fiber, low fat diet. I am diabetic, so my food plan had been lots of fruits and veggies, high fiber, and low fat, so I felt overwhelmed and unsupported as I ventured into the world of low residue foods (no skins, no nuts, no seeds, etc.) I basically had to change everything I was

eating for diabetes control to a new diet to keep the symptoms of gastroparesis at bay. I found some basic information on the internet and then found Crystal's book and her website ([...]). All the information on gastroparesis was available in a neat little book and I immediately found solid advice and recipes to help in creating a food plan that I could also use with all my family members. Crystal "knows" gastroparesis but she is also sure to tell you to find what works for you. Because I am diabetic, my doctor (and Crystal via Facebook) recommended that I see a nutritionist for specific food planning with gastroparesis AND diabetes in mind. I went to see the nutritionist just yesterday and she literally had to Google Gastroparesis to see how to treat it! Because I had already read Crystal's book (and I took it with me to the appointment!) I did not gain ANY insight into gastroparesis with my nutritionist. She focused mainly on diabetes management which I already had a strong regimen in place. She increased the fiber rather than lower it, and told me to just experiment and face the consequences. So please do yourself a favor, skip the nutritionist and follow Crystal's advice. I have not had to take any anti-nausea medication (Zofran) for almost two months now since following the guidelines in this book. I have found what works for me, but I can honestly say I would not have made it to this point without Crystal. Finally! Someone who knows the pain of gastroparesis and how to control the symptoms.

This is an immensely helpful book. Crystal Saltrelli is a Certified Health & Nutrition Counselor with gastroparesis herself. She knows how scary it is to get that initial diagnosis, and how little actual help we get from our doctors on how to live -and eat (well) -- now . The book is well-written and chock full of helpful practical tips that will help you calm down and which will help alleviate your symptoms over time, and allow you to get back to a fuller life. The book even includes tips on how to eat out at restaurants - you CAN still go out with friends! Over half the book is GP-friendly recipes. GOOD recipes. I was diagnosed with gastroparesis approximately five years ago. I wish this book had been out when I was diagnosed as it took me a lot of time and research, and trial and error, to find most of this information on my own (and I'm a research geek). I bought the e-book when it came out and I have loved the recipes; I even learned some things I hadn't been able to find out myself. Whenever I hear of someone with a new diagnosis, I point them to this book. I've also recommended it to friends and relatives, to help them understand my dietary limitations. I highly recommend it!

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help we get from our doctors on how to live -and eat (well) -- now . The book is well-written and chock full of helpful practical tips that will help you calm down and which will help alleviate your symptoms over time, and allow you to get back to a fuller life. The book even includes tips on how to eat out at restaurants - you CAN still go out with friends! Over half the book is GP-friendly recipes. GOOD recipes. I was diagnosed with gastroparesis approximately five years ago. I wish this book had been out when I was diagnosed as it took me a lot of time and research, and trial and error, to find most of this information on my own (and I'm a research geek). All my GI did was mail me a copy of the general GP diet, without any "how to" help, and refer me to a nutritionist. The first nutritionist I went to was basically useless as she'd never heard of GP (she recommended oatmeal..which caused SO MUCH pain!). The second nutritionist I went to was also inexperienced with this condition. I bought the e-book when it came out, and I recently bought this paperback version to send to a friend who knows someone recently diagnosed. The book contains far more practical advice than I ever got from the two nutritionists I went to and I have loved the recipes; I even learned some things I hadn't been able to find out myself. Whenever I hear of someone with a new diagnosis, I point them to this book. I've also recommended it to friends and relatives, to help them understand my dietary limitations. I highly recommend it!

love the book. i carry it with me everywhere. when i started looking online for information i was on overload of info. but this book is exactly what i needed to get me started. i had been recently diagnosed with gastroparesis and this book has been a godsend. all i got from the dr was a 1 page bad copy information sheet in the mail that I had to request, explaining the condition and what type of diet to follow. it's on the fridge and the book is in my purse.i recd it in new condition and alot sooner than i thought i would. thanks, susan larson

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