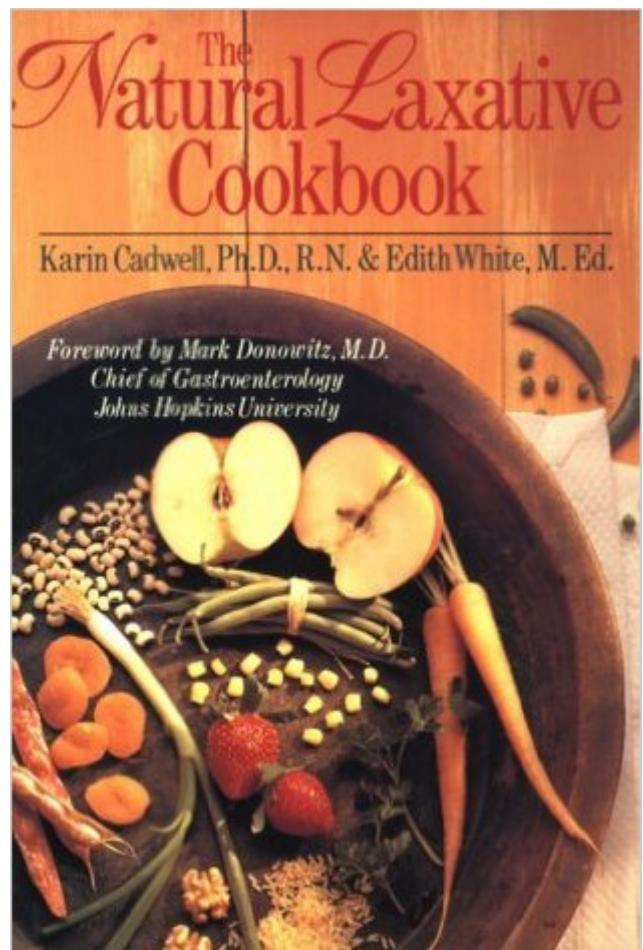


The book was found

The Natural Laxative Cookbook



Synopsis

Instead of relying on over-the-counter remedies and unappealing liquid supplements to relieve the discomforts of constipation, keep your digestive system running smoothly with delicious, healthy, and all-natural foods. "Intended to promote overall good health and well-being, the high-fiber recipes are arranged traditionally by course....Beans, fruit and vegetables feature heavily throughout."--PW. Every recipe includes calorie, fat, cholesterol, fiber, and sodium content. 160 pages, 6 x 9.

Book Information

Paperback: 160 pages

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Average Customer Review: 4.0 out of 5 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #2,257,943 in Books (See Top 100 in Books) #110 inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber #801 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #2597 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

As any parent of a child with cerebral palsy can tell you, chronic constipation is one of many problems our children face. Costly drugs and expensive therapies are a part of the challenge in caring for our kids. This cookbook offered an inexpensive and easy way to solve a major problem. The recipes are simple, very tasty, and effective. The foods have become a regular part of my family's meals, and we all enjoy them.

This book is full of recipes that use everyday ingredients and are easy to prepare. There are foods that appeal to both children and adults. The sweet potato soup is a stand-out!

I really had high hopes for this book. The forward information is good, very helpful. There is a high fiber version of the food pyramid that I take with me to the store. Unfortunately, out of the 5 or so recipes I have tried, not one is good enough to make again. Lest you think we are just fussy,

Wonder bread type of eaters, we are not. I have a daughter with chronic constipation and I collect high fiber recipes and foods. I have found many foods that taste great and are helpful as well. But these foods all taste like cardboard. I can't recommend it as much as I would like to.

I have a colon probably once scarred by diverticulitis, which means I have chronic constipation, probably for life, yet for me, at 65, these recipes produce easily passed well formed stools. The recipes are inexpensive and relatively easy to prepare, and they taste *really* good. So far as I know about nutrition, I think they are also good for me in general.

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