



Low-Oxalate Cookbook: Osteoporosis, Fibromyalgia, Kidney Stones (Cooking for Health) (Volume 1)

Minna Rose

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The Low-Oxalate Cookbook is a delicious introduction to a low-oxalate diet. With details of which foods to embrace and what to avoid, you are sure to find a new favourite meal within its pages.

Oxalates are organic acids, found in most vegetables and fruits, which hinder the absorption of calcium. A low-oxalate diet can therefore help people who suffer from osteoporosis and kidney stones to manage their condition.

Oxalates may also be a contributing factor in the pain of fibromyalgia, and again a low-oxalate diet may help. Having suffered from fibromyalgia for many years, Minna Rose has created this 'recipe book for pain', refusing to compromise on flavour and creating delicious meals using only foods low in oxalates.

Each recipe comes with detailed instructions and mouth-watering photography, as well as ideas of how to use any leftovers - many of which are delicious recipes in their own right.

Fresh and nutritious food is very important for a healthy life, just as tasty food, shared in good company, is essential for a happy and enjoyable life. Minna Rose's cookbooks combine the two in over twenty recipes, all of which are easy to follow and recreate.

Minna Rose's cookbooks are popular in both the UK and US, as well as around the world, and as a US pint is a very different measurement to a pint in the UK (1 UK pint = 1.2 US pints), the measurements are given in metric to avoid any confusion and ensure that everyone can follow her recipes and expect the same tasty results.

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