



Cooking Well: Multiple Sclerosis: Over 75 Easy and Delicious Recipes for Nutritional Healing

Marie-Annick Courtier

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Can practicing a healthy lifestyle, which includes a healthy diet, decrease Multiple Sclerosis symptoms?

In the U.S. alone, approximately 400,000 people suffer from Multiple Sclerosis (MS). MS is an autoimmune disease that affects the central nervous system. There are a variety of symptoms of MS, and it affects people in different ways, but there is no cure.

Eating well can help strengthen your body, and make living with the disease a little easier. Maintaining a low fat diet with foods containing anti-inflammatory properties can improve your well-being by decreasing your MS-related symptoms and flare-ups.

Cooking Well: Multiple Sclerosis features over 100 recipes designed to improve daily functioning and aid in the treatment of this disease.

Cooking Well: Multiple Sclerosis also includes:

- * An overview on how to live with MS
- * A list of foods to avoid
- * A meal diary and checklist to track your progress

All recipes and meals in the ***Cooking Well*** series have been specially created by renowned health and diet expert, **Chef Marie-Annick Courtier**. Each book in the series also includes general nutrition information as well as tips on which foods to avoid along the path of nutritional healing.



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