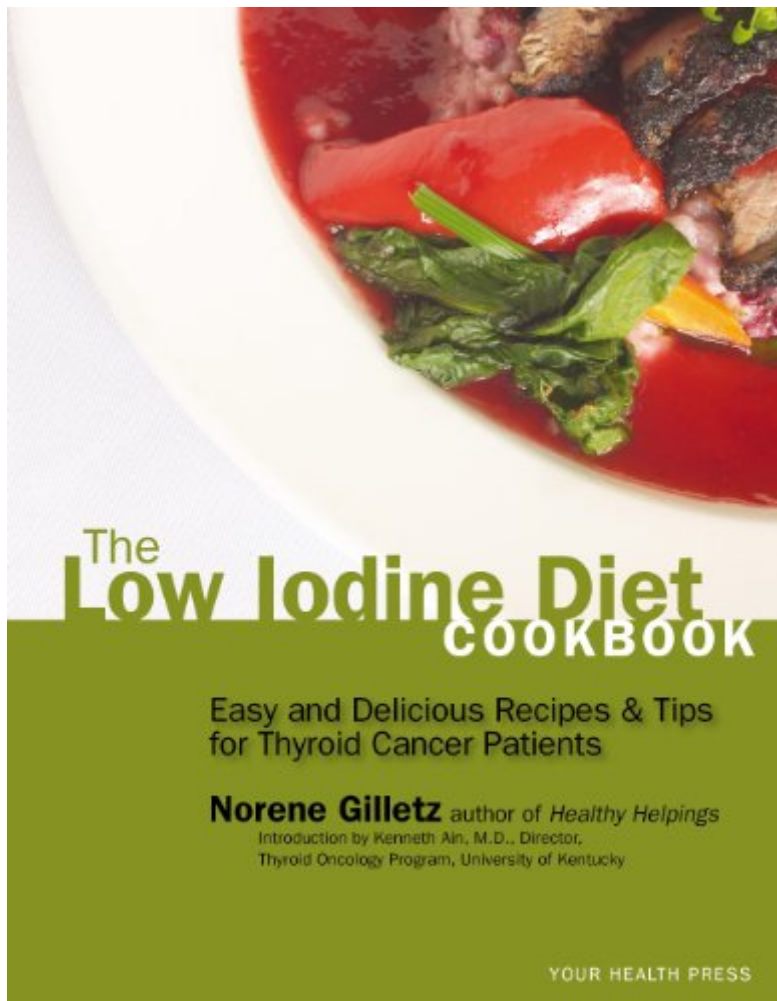


The book was found

The Low Iodine Diet Cookbook: Easy And Delicious Recipes And Tips For Thyroid Cancer Patients



Synopsis

This 2012-updated, Kindle version of The Low Iodine Diet Cookbook is the ultimate cookbook for thyroid cancer patients who need to be on the low iodine diet (LID) for radioactive iodine treatment or scans. Written by a renowned cookbook author who is experienced with the issues involved with special diets and substitutionsâ ”particularly diets that don't allow dairy, or store-bought breads. This unique cookbook contains hundreds of kitchen-tested recipes, and even an exhaustive nutritional analysis chart. At last, LID recipes that are easy and deliciousâ ”by the woman critics hail as the âœJulia Childâ • of specialty diet cooking.

Book Information

File Size: 2301 KB

Print Length: 322 pages

Publisher: Your Health Press (June 19, 2013)

Publication Date: June 19, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00DII8VB6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #682,683 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #240

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #477

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Cancer > General #485 inÂ Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine >

Oncology > Cancer

Customer Reviews

I was very disappointed with this cookbook. My biggest complaint is that there was no table of contents or index to refer to. At least not in the Kindle version, maybe there is in the print edition. This made it very hard to find anything unless I had wrote down page numbers as I went through it. That also meant that I had to pretty much go cover to cover to find out what was inside. I couldn't just pick it up and say = hmm I feel like a chicken casserole, what are my options. I recommend

anyone going through this to go to the website [...] They are a non-profit site, with a free downloadable cookbook. I used far more recipes and info from this site than this cookbook. Use the money you would have spent on this book for some higher end ingredients like pure coconut butter and nut oils. Hope this review helps anyone dealing with thyroid cancer also.

I bought this because of thyroid cancer. Most of the information in this book can be retrieved from the National Institutes of Health Website in addition to your physicians office. I found a couple of recipes that I could use but, it wasn't worth the price.

This is an excellent cookbook for all of those "low iodiners" who must go on this type of diet before they partake of the I-123 and I-131 "cocktails". I don't really care for being on this type of diet but if it helps sort out the positives from the negatives, I'll live with it. My wish is that all who use it will be able to use it over and over, again and again, in the future (if needed).

I wish I would have found this book BEFORE I did my RAI treatment for Thyroid Cancer back in March. I'm getting close to my 6 month follow-up scan, so I'm excited to have more meal ideas. In March I ate the 4 or 5 things the entire 21 days on the LID, it was rough. I think I'm going to love this book every 6 months for the next 3 years (that is my follow-up scan schedule).

I am extremely happy with the Low Iodine Cookbook. It helped me manage my iodine intake prior to my radioactive iodine treatments from my thyroid surgery. The cookbook gave me great recipes to cook during my 4 week diet and I still look to it for new recipes. It came highly recommended and was well worth the purchase. I am glad I purchased it so I can pass it along to others that may need it.

Clarified the " what's and why's" of the diet and treatments in layman's terms. The recipes I've tried have been very good, and the shopping tips and snack ideas very helpful.

A very helpful cookbook, with recipes for a special need. Glad this cookbook was available with recipes for knowing what to eat before surgery.

very interesting book I love it it is easy and perfect for every one recommended book specially for people with low iodine diet

[Download to continue reading...](#)

Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) The Low Iodine Diet Cookbook: Easy and Delicious Recipes and Tips for Thyroid Cancer Patients Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) The Low-Iodine Cookbook: For Thyroid Cancer Patients Preparing for RAI The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired, Puffy & in Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high

protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)

[Dmca](#)