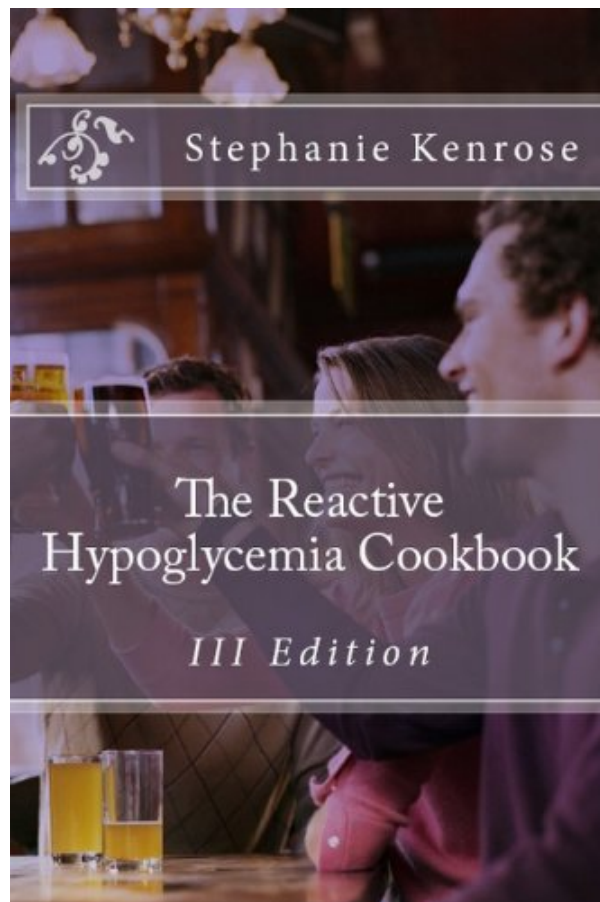
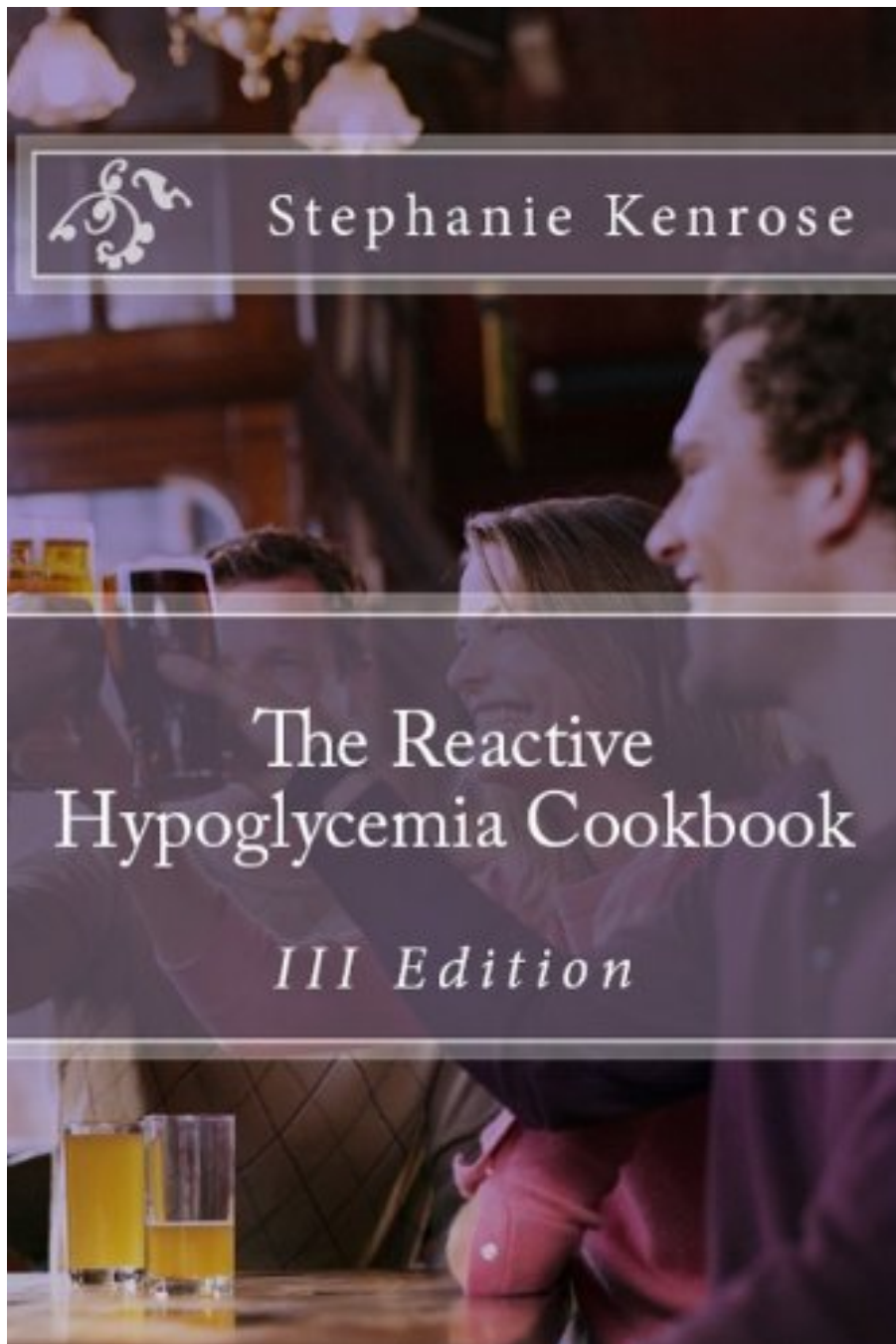


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This third edition of the popular cookbook for reactive hypoglycemics is full of family friendly recipes so good your friends will ask for the recipes! Chock full of over 100 delicious meals like Black Bean Enchiladas, Slow Cooker Chili, and Southern Fried Popcorn Chik'n. Contains full nutritional information for each recipe, plus chapters on diet and general reactive hypoglycemia information. The third edition contains many of the popular recipes from the second edition of the cookbook. Included in this edition are suggestions for substituting meat and meat substitutes in the recipes, to please everyone from vegans to meat eaters.

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- Published on: 2012-04-28
- Released on: 2012-04-28
- Format: Kindle eBook

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11 of 11 people found the following review helpful.

IMPORTANT: If you own the cookbook, you won't need this book!

By Mei Wood

I ordered this as a download for 59.99 at another site because something at Amazon.com kept pushing back the shipping date. I'm out a nonrefundable 59.99 BECAUSE this book has the EXACT same information as the COOKBOOK! There is an added section on history. Her blog has all the same information about testing- this was DEFINITELY not worth the \$60!

Stephanie Kenrose has very helpful information, and she's helped me GREATLY! But her sourcebook is not definitive, and her cookbook is far more relevant and useful to a hypoglycemics needs.

It begs the question why the book is not "viewable" before purchase. Very disappointed.

5 of 6 people found the following review helpful.

The Reactive Hypoglycemia Sourcebook, 2nd Edition

By SheilaVG

This book starts with a really well written, engaging, story of the author's journey to discovering she had reactive hypoglycemia. During the rest of the book, the reader learns that in fact the disease had been basically ignored until the early '80's and finds a list of common misdiagnoses such as menopause.

This book follows a logical order and tells the reader everything they need to know about the disease and it's history including what early tests were done, causes, and the link between hypoglycemia and prediabetes which is on the rise in this country.

I intend to recommend this book to a friend who has some of the same symptoms as the author did.

4 of 5 people found the following review helpful.

Enlightening.

By Kite Everdeen

After reading the Reactive Hypoglycemia Cookbook, the next thing I do is to look for a supplemental book. Don't get me wrong, the cookbook is great, but it's a cookbook. I didn't know that there's a source book from the same author so when I saw it, I purchased it at once.

I have read a few books about hypoglycemia but I find this one easy to understand. The author used terms normal people can easily comprehend. The first part of the book's what kept me reading and reading. It describes what a person has to endure even before getting diagnosed.

Yes, some information is already found in the cookbook. But I guess it is just necessary to include all these because having a copy of the source book does not mean you also got the cookbook, right?

If you are a hypoglycemic, or experiencing some symptoms pointing to the condition, this book will definitely guide you through.

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