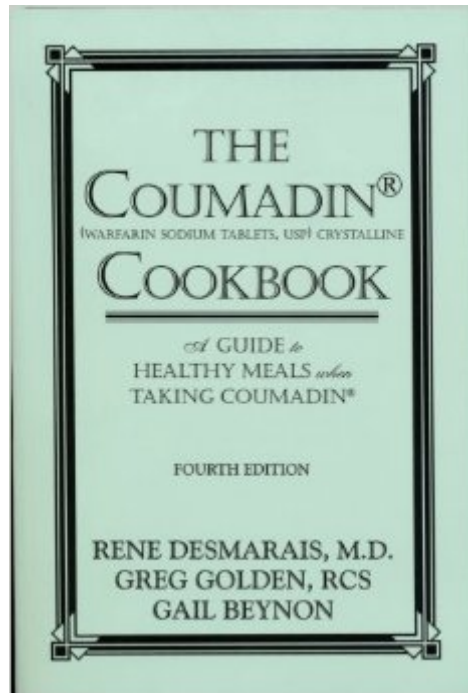


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# The Coumadin Cookbook: A Guide To Healthy Meals When Taking Coumadin



## Synopsis

Language: English ISBN-10: 0966430832 ISBN-13: 978-0966430837

## Book Information

Perfect Paperback: 466 pages

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ISBN-10: 0966430832

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Product Dimensions: 8.6 x 5.8 x 0.7 inches

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (106 customer reviews)

Best Sellers Rank: #225,238 in Books (See Top 100 in Books) #104 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#)

## Customer Reviews

I have gained 40 lbs since I was put on warfarin the weight kept going on. I received the book about a week after I ordered it and have been using it faithfully as of today I have lost 17 lbs and my INR is 3.2 and has stayed for a month. I take the book everywhere I go and check everything that is on the menu before I order. The book was in perfect condition like new

I found this book to be very helpful. I may not use the recipes to manage my vitamin K on a minute basis, since it seems to be responsive, but the charts that discuss the levels in various food are well worth the price of admission. I had mentioned the book to my cardiologist who oversaw my Aortic & Mitral prostheses, and who is, himself, a noted expert in the field. While he was not familiar with the publication, he knows Dr. Desmarais and trusts his work. Currently, it seems to be out of print, which is unfortunate, but I hope that further research will be done and/or publications made that help anti-coagulant users make wise dietary decisions.

I purchased this book for my uncle, who recently started using Coumadin. He found it extremely helpful. It has good recipes that are easy to prepare. If you're taking Coumadin, and you want to stay as healthy as you can, this is the cookbook for you.

This book was really good it really helped me with the things that I should eat and things to really

stay away from. Before I was kind of confused as to what is the proper diet for a person on coumadin it really has some good information as far as your diet goes. Any one you know that is on coumadin they should have this book.

This book was very helpful since I am now a user of Coumadin. It listed all the foods that I am able to eat and the ones that I should stay away from. It also included recipes that were sensible and didn't require special shopping.

I ordered this cookbook when my husband was placed on Coumadin. When the book arrived it was soiled and damaged, however the seller did everything possible to see to it that we got a nice, clean, complete replacement copy. I cannot say enough about his professionalism and desire to supply a quality product. The book is just what we needed to become educated on this change in our dietary life style.

I purchased this book before I began my treatment with Coumadin. I found the information at the beginning of the book to be completely useful. However the cookbook part is totally useless for me as I eat quite a large amount of fruit and vegetables. The recipes in this book are not for people who eat simple foods or for people who rate at least 50% of their daily diet in fruits and vegetables. I am still seeking the ultimate tool for my dietary needs. Sally

The book has best receipts. They are safe you while on coumadin. I love salsa and many others. Great how it charted so know how many calories are and every thing. It really great that has all food charted that has less amount and most amount of soy in it

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