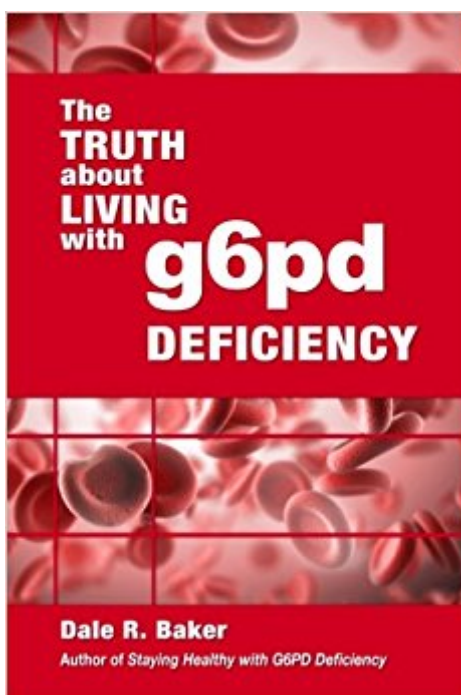


The book was found

The Truth About Living With G6PD Deficiency



Synopsis

In 1956, when researchers discovered that a lack of the G6PD enzyme caused hemolysis, people diagnosed with G6PD deficiency have struggled to find out what they could do to keep themselves and their loved ones healthy. Because of reasons that are only speculative, the medical community has ignored the plight of these "cannaries in the coal mine". This book bravely addresses those issues and provides answers for those who continue to suffer unnecessarily from this very common, but virtually unknown genetic enzyme disorder. *The Truth About Living With G6PD Deficiency* explains in detail and in layman's terms: what G6PD is how you get it what it does how to prevent health problems what to do when you have a reaction what foods to avoid what drugs to avoid how to live with G6PD and be healthy feeding and caring for G6PD babies how G6PD affects women how G6PD affects malaria and more It is well researched with over 50 citations and is small enough (6" x 9") to put in your purse and take with you to the store or doctor's appointment. It is inexpensive enough to give to other members of your family, friends, school, daycare or other interested parties for learning or reference.

Book Information

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Average Customer Review: 3.9 out of 5 stars 19 customer reviews

Best Sellers Rank: #179,667 in Books (See Top 100 in Books) #33 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic

Customer Reviews

Dale Baker is a computer programmer by profession. After retirement he started developing websites in his spare time. Because of health issues due to G6PD Deficiency and the lack of credible medical information, he developed g6pddeficiency.org to help bring others with this condition together to share their experiences. Over the last four years over 200,000 people have visited his website. He is a published writer and dedicated to helping people with this enzymopathy live a better life. His favorite hobby is cooking.

I give this book a poor rating for two basic reasons: 1) Nothing new here. Just a compilation of readily assessable FREE information 2) The "Drugs to Avoid" and "Foods to Avoid" sections are just a laundry list that goes on for pages. There should be a section containing a short list of the worst things that should be avoided vs listing anything and everything that could possibly cause an issue if you ate it five times a day every day of your life. Based on the never ending list in this book you may as well choose to feed intravenously and not bother going to a grocery or drug store for the rest of your life because everything contains something to be avoided. Don't waste your money. Just go to a good G6PD website for the same information. I am amazed at this author's ability to milk this book for all its not worth via scaring people to death. I wish that I could give negative stars to some products to include this one. There is no new information here. I could have gotten the same from the internet. The theme of the book is "be afraid" of everything. If you eat this or that you will die a tragic death (I am exaggerating somewhat). Today's society is virtually paranoid due to too much information IMHO. If my attitude results in an earlier than expected demise then so be it. I am 48 years old, 6'2, and weigh 205 Lbs. I eat healthy but I am not extreme. I feel great and my mind works extremely fast. If you try to live according to every rule in this book you'd die either of fright or starvation. If something is "low" impact/risk then I prefer it not to be included in concert with the medium and high impact items on the "avoid at all cost" list. Wouldn't it be nice to have a short list of the things that will have a strong negative impact on our G6PD(ers) vs page after page of "these things are evil"? "Things to be Avoided" = This Book

I don't know why this book is regarded so highly, The author of this book is not even a medical doctor. G6PD is already so dubious as it is, and this book does nothing to clarify it. All of the information in the book can be found at the g6pddeficiency.org website and wikipedia. There is no information in this book that cannot be found there. The book is full of testimonials that make it sound like an infomercial and at the end I am waiting for the author to start asking me for more money. I was greatly disappointed. I thought this was going to be a vital reference, and it is more like a brochure.

I love this book. If you have any loved one who has G6PD Deficiency, this book is like the life Bible. I have learned so much and I come back to refer to the medicine and food list in the book all the time. I truly love this book and would recommend it to everybody who is thinking about buying it.

This book is for anyone with this deficiency! Will help to avoid losing organs (i.e., my son had his gallbladder removed at 15 months old due to lack of knowledge on the Western medical side).

Great information.

Good read

Great information.

Great Product

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