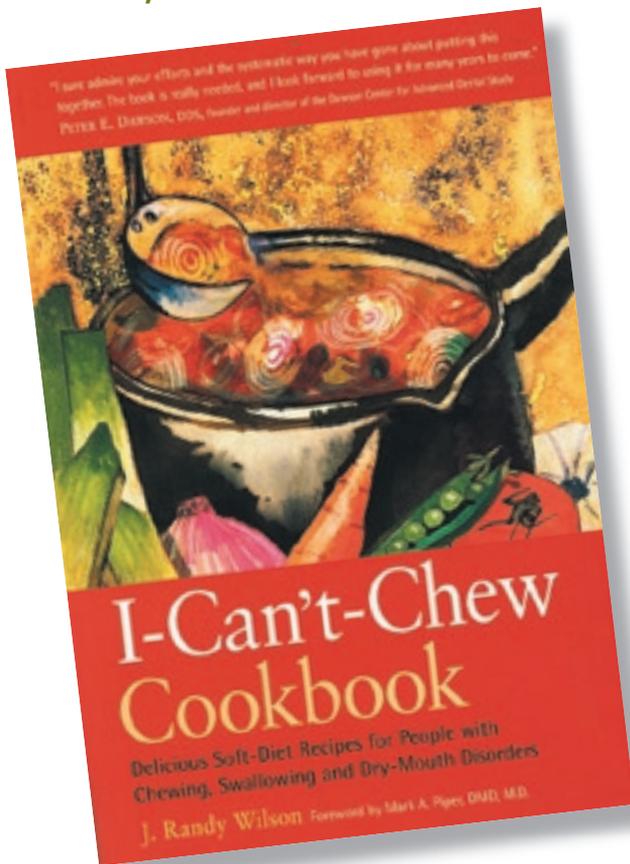


I-Can't-Chew Cookbook

BY J. RANDY WILSON, WITH A
FORWARD BY MARK A. PIPER,
DMD, MD



More than 40 million people in the U.S. have chewing, swallowing, and dry-mouth disorders. Some of them are people with MS. People who must modify their diets to accommodate one of these problems often report relying on food combinations that are bland, repetitious, and generally uninteresting. The time, energy, and culinary creativity required to keep soft meals healthy and interesting become burdensome.

When faced with his wife's oral surgery and six-month recovery period, J. Randy Wilson took it upon himself to create nutritious and easy-to-prepare meals that were not only easy to chew, but could be enjoyed by the entire family.

Originally printed in 1985 (as the *Non-Chew Cookbook*), the *I-Can't-Chew Cookbook* includes updated information and additional recipes. Chapters 1 and 2 contain general information on nutrition, instructions for calculating body mass index, and caloric recommendations for age, gender, and activity level. Chapter 3, "Tips for Getting the Most Out of Meals," provides a nice repertoire of suggestions for meal preparation, including tips on boosting intake of protein, calories, and fiber.

The remainder of this essential book presents an array of appetizing and easy-to-make recipes. These are not, as one might imagine, all made in a blender. In addition to a variety of soups, shakes, and puddings, Wilson covers casseroles and dishes featuring beef, chicken, lamb, pork, seafood, potatoes, asparagus, broccoli, and spinach. Most have a cooking time of 20–40 minutes.

The recipes were developed in collaboration with dental, nursing and dietary specialists as well as with a home economist.

A word of caution: Conditions involving neurological or cognitive impairment often require a formal evaluation of drinking, chewing, and swallowing (called a dysphagia evaluation) by a speech-language pathologist prior to dietary modifications. Not all of the recipes in this book are suitable for all people with chewing and swallowing difficulties. Talk to your health-care providers.

Hunter House Inc. Publishers (2003), 240 pp., \$16.95 (paperback) or \$22.95 (spiral bound). P.O. Box 2914, Alameda, CA 94501; 800.266.5592; www.hunterhouse.com.

Reviewed by Patricia A. Bednarik, MS, CCC-SLP, MSCS, Speech-Language Pathologist, MS Center at University of Pittsburgh Medical Center.

Multiple Sclerosis: 300 Tips for Making Life Easier, 2nd Edition

**BY SHELLEY
PETERMAN SCHWARZ**

There are exactly 300 tips in this book, which sounds like a recipe for chaos. Fortunately, that's not the case. Schwarz divvies tips up into seven different categories, each of which gets its own chapter: General Tips; In Your Home; Looking Good, Feeling Better; Managing Mealtime Madness; Taking Care of

YOU; Managing Medical Issues; and, my favorite of the bunch, Weekend Getaways and Extended Travel.

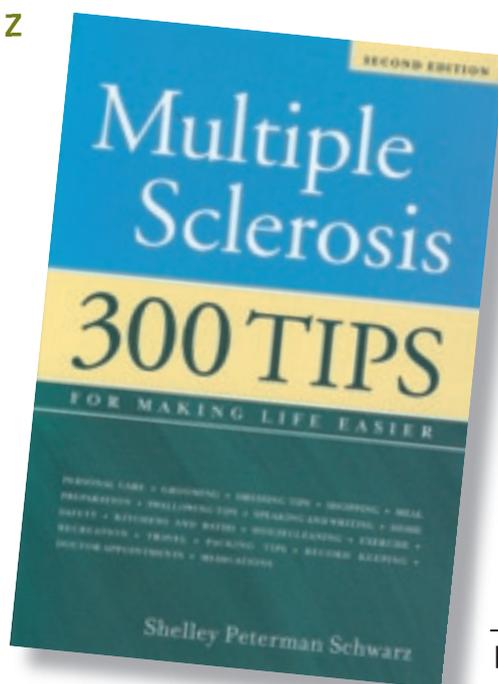
Schwarz is, in a word, resourceful, and you'll be surprised by many of these tips. Chapter 2, "In Your Home," begins with tip number 18: Rubber Bands. Yes, rubber bands. As Schwarz writes: "Rubber bands can add girth to handles on kitchen tools, hairbrushes and toothbrushes, and other household objects. Try adding rubber bands anywhere you need a little extra help gripping."

These are real-world practical strategies, many of which this reviewer had never thought of, and some of which add new twists on old saws ("To keep your body temperature down, bathing or showering in cool water is recommended for people with MS. [But] start with warm or tepid water and gradually increase the coolness, giving your body time to adjust.")

Schwarz isn't afraid to mention specific time and energy-saving products by name—each chapter includes a resource list to easily locate anything that sounds particularly useful.

I'm not putting this book on the shelf. I'm leaving it right here on my desk where I can most easily get to it.

Demos Medical Publishing (2006), 114 pp., \$16.95. 800-532-8663; www.demosmedpub.com. ■



Reviewed by Dana Bard, a frequent contributor to this magazine.