



Staying Healthy with G6PD Deficiency: A valuable reference guide for eating safely

Dale Baker

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A one-of-a-kind guide book with tips and recipes to help people and their families minimize the negative effects of G6PD Deficiency. This book includes food and vitamin recommendations to help build red blood cells, and an extensive list of foods and food additives to avoid (which are known to cause oxidative stress). There are instructions on how to make your favorite recipes safe, as well as tips on feeding infants and children with G6PDD. There are over 100 recipes included in the book which we think may just become some of your family's favorites.

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