



BOOK REVIEW:
THE HEALTHY GUT COOKBOOK
Marguerite Patten OBE and Jeannette Ewin PhD

Marguerite Patten, the famous war-time cook and TV presenter from 1947 to the 1960's, discovered at the age of 86 that she suffered from an irritable bowel after coping with unexplained diarrhoea for numerous years. In this book she and her co-author, Jeanette Ewin, describe comprehensively the way to obtain a healthy digestive system.

Marguerite describes her own personal experiences as a sufferer of IBS, as well as providing healthy recipes and nutritional advice on coping with this particular disease. This includes listing foods that can help IBS sufferers and the benefits that these foods provide.

Irritable Bowel Syndrome is not the only illness described in this book. All complaints which can upset the gut e.g. Crohn's disease, gastroenteritis, are covered. The book provides a simple description of the symptoms the sufferer will show and provides a list of foods to help combat the complaint, alongside a list of foods to avoid.

The recipes are easy to follow using ingredients found in most household cupboards. The book is particularly helpful in providing variations for each recipe in which to tempt the taste buds of the sufferer. Photographs of the recipes are not included and this would have been helpful.

This is a book which would be useful to anyone who suffers from a "rumbling tummy" as well as people who suffer from IBS.

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