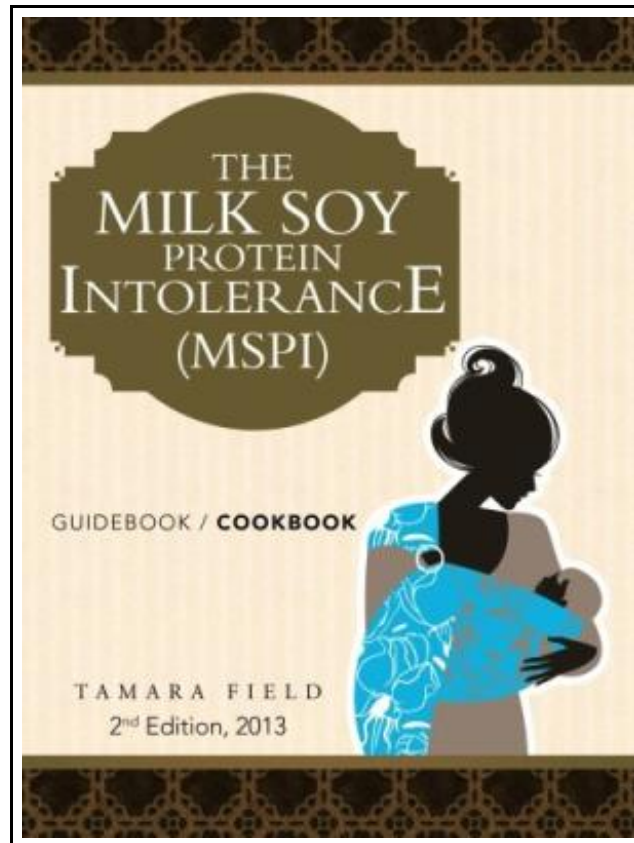


The Milk Soy Protein Intolerance (Mspi): Guidebook Cookbook



Filesize: 4.22 MB

Reviews

This book is definitely worth getting. It usually will not price too much. Its been printed in an extremely simple way in fact it is only right after i finished reading this publication where basically altered me, modify the way i think.

(Avery Daugherty)

THE MILK SOY PROTEIN INTOLERANCE (MSPI): GUIDEBOOK COOKBOOK



Authorhouse. Paperback. Book Condition: New. Paperback. 86 pages. Dimensions: 11.0in. x 8.2in. x 0.2in. I first heard of Milk Soy Protein Intolerance (MSPI) in January of 1997 at the office of a Pediatric Gastroenterologist who had just performed a procto-sigmoidoscopy and biopsy on my 7 week old son. He told me that Max's digestive problem was MSPI and that it would be much easier for me if I stopped breastfeeding now and put him on a special formula. Of course, at that moment my head was spinning; I had finally found out the reason my son had been screaming the first 7 weeks of his life and though I wanted to continue breastfeeding I did not want to cause him anymore pain. The Doctor told me that there was a diet I could follow to continue breastfeeding, but that it was very difficult to follow. Wanting to make the best choice for my son I stopped breast-feeding that day and started him on formula. In retrospect, the physician was right, even though I regret that I did not continue breastfeeding, with the demands of a new infant, and trying to figure out a complicated diet, would have been completely overwhelming. I knew though, that if I had any more children, I would try any diet possible in order to breastfeed. So, during the first few months of my pregnancy with my second son, Nate, I began preparing for the MSPI diet. Determined that I would not lack for good things to eat, and that I would find chocolate that was acceptable on this diet, I started shopping. Little by little, I found many alternatives for the food I previously enjoyed (the only exception being cheese!). I found chocolate, cake, brownies, casseroles, pasta, rice milk, rice, breads, fast food, eating out, and...



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