

# **Down Easy: A Cookbook For Those With Swallowing Difficulties**

**By Judy Best**

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**WattsPublishingGroup.com Problems -**

and-the-best-ways-to-avoid-them chewing-and-swallowing-problems/  
<http://wattspublishinggroup.com/tag/problems/feed/>

**Down Easy -**

This cookbook has been created for The recipes can be used in reverse order for those suffering from degenerative disease swallowing problems. In Down Easy you  
<https://www.createspace.com/3835756>

### **Down-Home Cookin: 24 Easy Southern Favorites Free -**

What collection of Southern recipes would be complete without this one for Down cookbook collection with our easy free Down-Home Cookin': 24 Easy

<http://www.mrfood.com/Editors-Picks/Down-Home-Cookin-Easy-Southern-Favorites-Free-eCookbook/>

### **The Hemochromatosis Cookbook: Recipes and Meals -**

"The Hemochromatosis Cookbook" provides: Easy-to-prepare, "The Hemochromatosis Cookbook" is written specifically for those who suffer from such iron disorders.

<http://www.walmart.com/ip/The-Hemochromatosis-Cookbook-Recipes-and-Menus-for-Reducing-the-Iron-in-Your-Diet/8029021>

### **Recipe, Recipe Search, Largest Recipe Database, -**

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[http://www.cookbooks.com/cookbooks\\_recipes/index.asp](http://www.cookbooks.com/cookbooks_recipes/index.asp)

### **Swallowing - Discussion - Head and Neck Cancer -**

Easy swallowing by Janet Martin & Jane add greens, reds, oats, nuts and down it So I have been thru many periods of swallowing difficulties.

<http://www.inspire.com/groups/head-and-neck-cancer-alliance/discussion/swallowing-10/>

### **Head and Neck Cancer Information Guide -**

Head and Neck Cancer The purpose of Down Easy: A Cookbook for Those With Swallowing Difficulties. Carper, Elise, Hu Kenneth, Select the above cancers

[http://www.cancer.med.umich.edu/files/head\\_and\\_neck\\_cancer\\_information\\_guide.pdf](http://www.cancer.med.umich.edu/files/head_and_neck_cancer_information_guide.pdf)

### **Judybestcookx Book Store at Tower.com -**

Down Easy: A cookbook for those with swallowing difficulties (Paperback) Judy Best . Edition: A cookbook for those with swallowing difficulties (Paperback) Judy

<http://www.tower.com/book-publisher/judybestcookx>

### **Recipes for Those with Swallowing Difficulties -**

Comprehensive Cancer Centers of Nevada; Blog; Recipes for Those with Swallowing Difficulties: A Look Inside the Cookbook Down Easy

<http://dev.cccnevada.com/recipes-for-those-with-swallowing-difficulties-a-look-inside-the-cookbook-down-easy/>

### **Free Recipes, Free Cookbooks and Free Meal Plans -**

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### **Judy Best (Author of Down Easy) -**

Judy Best is the author of Down Easy Down Easy: A cookbook for those with swallowing A cookbook for those with swallowing difficulties 0.0 of 5

[http://www.goodreads.com/author/show/7587344.Judy\\_Best](http://www.goodreads.com/author/show/7587344.Judy_Best)

### **Soft Foods for Seniors | Soft Diet Recipes -**

A growing body of cookbooks tell you how to prepare flavorful and nutritious soft Easy-to-Swallow, Easy-to-Chew Cookbook: With Swallowing Difficulties.

<https://www.caring.com/blogs/caring-currents/soft-foods-for-seniors>

### **Home | National Foundation of Swallowing Disorders -**

hear and read the stories of those struggling with dysphagia, Easy Pureed Meals. prev next Advancing the treatment of swallowing disorders in our lifetime.

<http://swallowingdisorderfoundation.com/>

### **Make Your Own Cookbook - CreateMyCookbook.com -**

Make your own cookbook. No minimum quantities. Your pictures. Add family recipes and photos our free cookbook designer makes it easy. How to Make a Cookbook.

<http://createmycookbook.com/home>

### **CurePSP: Foundation for PSP | CBD and Related -**

CurePSP: Foundation for PSP | CBD The Dysphagia Cookbook, 2003 Meals for Easy Swallowing, Recipes for People who have Chewing and Swallowing Difficulties,

<http://forum.curepsp.org/viewtopic.php?p=45570>

### **Amazon.co.uk: Customer Reviews: Down Easy: A -**

Find helpful customer reviews and review ratings for Down Easy: A cookbook for those with swallowing difficulties at Amazon.com. Read honest and unbiased product

<http://www.amazon.co.uk/product-reviews/0985423102>

### **Goes Down Easy - The Stoner's Cookbook -**

Goes Down Easy - The Stoner's Cookbook is a marijuana-based community recipe website including weed tea, bud butter, edibles, special brownies

<http://www.thestonerscookbook.com/recipe/goes-down-easy>

### **Diet & Nutrition - Comprehensive Cancer Centers of -**

If you are currently receiving treatment or you are having difficulty swallowing Down Easy: A cookbook for those with Comprehensive Cancer Centers of Nevada.

<http://www.cccnevada.com/patient-resources/helpful-information/diet-nutrition/>

### **"Gastric Bypass Friendly Recipes" | SparkRecipes -**

I'm going to try to keep these Gastric Bypass friendly. I've added some notes in the cookbook, It is so easy and leaves me feeling satisfied.

<http://recipes.sparkpeople.com/cookbooks.asp?cookbook=64597>

### **GOES DOWN EASY - The Princess Margaret Cancer -**

The beautifully designed Goes Down Easy cookbook, which contains over 100 recipes, is organized by symptom, so the appropriate recipe is easy to find when

[http://thepmcf.ca/pdfs/MediaReleases/Goes\\_Down\\_Easy\\_Press\\_Release.pdf](http://thepmcf.ca/pdfs/MediaReleases/Goes_Down_Easy_Press_Release.pdf)

### **Books: Down Easy: A cookbook for those with -**

Down Easy Metric Edition: A cookbook for those with swallowing difficulties (Paperback) ~ Judy Best

<http://www.tower.com/down-easy-cookbook-for-those-with-swallowing-difficulties-judy-best-paperback/wapi/123133581>

### **Swallowing Problems in the Elderly - HubPages -**

Swallowing difficulties are particularly common in the elderly and can lead to dehydration and Down Easy: A cookbook for those with swallowing difficulties

<http://eldercareurse.hubpages.com/hub/Swallowing-Problems-in-the-Elderly>

### **Down Easy Metric Edition: A cookbook for those -**

Down Easy Metric Edition: A cookbook for those with swallowing difficulties:

Amazon.es: Judy Best: Libros en idiomas extranjeros

<http://www.amazon.es/Down-Easy-Metric-Edition-difficulties/dp/0985423110>

### **Pediatric Dysphagia: Treatment -**

The opportunity for sensory stimulation may be needed for those selection to best dysphagia evaluation, a detailed swallowing and

<http://www.asha.org/PRPSpecificTopic.aspx?folderid=8589934965&section=Treatment>

### **Wanda E. Brunstetter's Amish Friends Cookbook: -**

Oct 28, 2011 Wanda E. Brunstetter's Amish Friends Cookbook has 35 ratings I wrote down several recipesto put in my It is one of those foods that is easy to

<http://www.goodreads.com/book/show/10875446-wanda-e-brunstetter-s-amish-friends-cookbook>

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<http://www.bettycrocker.com/recipes>