



MEDIA RELEASE
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FOR IMMEDIATE RELEASE

UNIQUE NEW COOKBOOK WILL CHANGE THE LIVES OF THYROID CANCER PATIENTS

THE LOW IODINE COOKBOOK: EASY AND DELICIOUS RECIPES & TIPS FOR THYROID CANCER PATIENTS, by Norene Gilletz, ISBN 1-4210-6691-3

The Low Iodine Diet Cookbook is the ultimate cookbook for thyroid cancer patients who need to be on the low iodine diet (LID) for radioactive iodine treatment or scans.

The book is written by Norene Gilletz, a renowned cookbook author who is experienced with special diets and substitutions—particularly diets that do not allow dairy, or store-bought breads. This unique cookbook contains more than 250 kitchen-tested recipes, over 20 milk substitutes and variations, and an exhaustive nutritional analysis chart.

At last, LID recipes that are easy and delicious—by the woman critics hail as the “Julia Child” of specialty diet cooking. Always keeping her motto that “food that is good for you should taste good!” in mind, Norene’s take on the LID is no exception.

Norene Gilletz is a popular author of specialty cookbooks in North America. Her recipes are developed for a wide audience, but have been long revered for their kosher sections (many of her recipes use dairy alternatives) and Passover sections (recipes using matzo or matzo products instead of leavened bread) by her devoted Jewish readership. Norene is a food consultant, food writer and columnist, cooking teacher and lecturer. She specializes in Recipe Makeovers for food-related websites, magazines, newspapers, cookbooks and the food service industry. Norene is a Certified Culinary Professional (CCP) with the International Association of Culinary Professionals (IACP). For more information about Norene Gilletz, visit www.gourmania.com.

The book includes an introduction by Kenneth Ain, M.D., which provides a complete explanation of the LID, and why adhering to it benefits thyroid cancer patients. Dr. Ain was one of the first physicians to promote the use of the LID in the treatment of thyroid cancer. He is Professor of Medicine, University of Kentucky College of Medicine; Director, Thyroid Oncology Program, Markey Cancer Center; Director, Thyroid Cancer Research Laboratory, Veteran Affairs Medical Center, Lexington, Kentucky. Dr. Ain is also medical advisor to the Thyroid Cancer Survivors’ Association and is author of *The Complete Thyroid Book*. For more information, visit www.thyroidcancerdoctor.com.

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