

The magazine of the National Multiple Sclerosis Society

# Momentum

FALL 2008

## THE Americans with Disabilities Act

A level playing field  
for people with chronic  
disease or disability

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**MS**

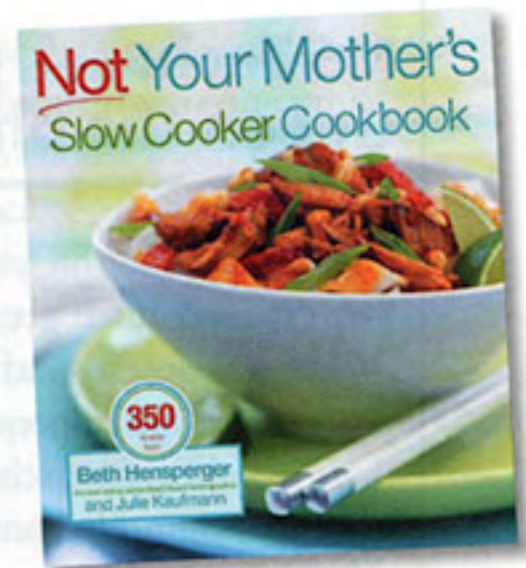
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Society

Is there an MS diet?

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MS gene pioneer  
Dr. Stephen Hauser

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## Books for easier cooking

by Greta Herron

Preparing nutritious meals is important for good health, but cooking can seem a Herculean task when MS symptoms flare. Before you reach for the take-out menus, consider some cookbooks by authors who have found simpler ways to cook.

- **Cooking Light's 5 Ingredient 15 Minute Cookbook** is a survival guide for a busy cook; includes a grocery list ([amazon.com](http://amazon.com)).

- Rozanne Gold's **Healthy 1-2-3: The Ultimate Three-Ingredient Cookbook, Fat-Free, Low Fat, Low Calorie** focuses on a sensible and nutritious approach to meals, with just a few ingredients ([bn.com](http://bn.com)).

- Rachael Ray has a number of books out, including **Express Lane Meals: What To Keep On Hand, What To Buy Fresh For The Easiest-Ever 30-Minute Meals** ([amazon.com](http://amazon.com)). According to customer reviews on Amazon, Rachael Ray's recipes are fast, but they are more comfort food than nutritious meals.

For set-it and leave-it cooking, a slow cooker may be the way to go.

These books focus on quick and easy recipes—without compromising taste or healthy eating.



- Sandra Lee's "semi-homemade" philosophy has driven her to write **Semi-Homemade Slow Cooker Recipes** and its sequel **Semi-Homemade Slow**

**Cooker Recipes 2**, blending big-flavor ingredients and multispice packets into one-pot meals ([semihomemade.com/books](http://semihomemade.com/books)).

- Beth Hensperger and Julie Kaufmann's **Not Your Mother's Slow Cooker Cookbook** includes tips on choosing a slow cooker along with hundreds of recipes ([amazon.com](http://amazon.com)). Using a smaller cooker, or just tired of having too much food? Hensperger also offers **Not Your Mother's Slow Cooker Recipes for Two: For the Small Slow Cooker** ([amazon.com](http://amazon.com)).

- **Cooking Light** magazine has two slow cooker books: **Slow Cooker** by Terri Laschober and **Healthy Slow Cooker** by Judith Finlayson ([amazon.com](http://amazon.com)).

And finally, from one who knows MS personally:

- Nutritionist Elizabeth Yarnell, who was diagnosed in 1999, patented her method of cooking in multiple layers. Try her book **Glorious One-Pot Meals: A New Quick & Healthy Approach to Dutch Oven Cooking** ([gloriouspotmeal.com](http://gloriouspotmeal.com)). Her Web site offers product information, blogs, videos and a subscription to her newsletter.

Greta Herron is on the staff of **Momentum**.