

ACKNOWLEDGMENTS

Mom taught me to cook. Science taught me to experiment. Ruth joined me in the pursuit of better recipes to expand Pompe diet options.

Preface:

Pompe is a rare inherited progressively debilitating neuromuscular disease caused by the accumulation of glycogen in muscle cells. Pompe patients are often encouraged to follow a high protein, low carbohydrate diet. This book is a collection of my favorite high protein and low carb recipes, and is geared toward the Pompe patient and others interested in high protein, low carb cooking.

Like many people, I grew up with food as a focal point at holidays and celebrations, as well as a comfort during times of stress. I've tinkered with recipes for a long time and until now have been sharing my recipes with just my family and friends. My only rule for recipe inclusion in this book was that it had to be a recipe that was already high protein and or low carb, or that it had been modified to increase protein content and/or decrease carbs. I hope that by sharing these recipes, other Pompe patients can find new recipes to enjoy and ideas for adapting their own favorite dishes.

All profits from this book are being donated to the Acid Maltase Deficiency Association. The AMDA (<http://www.amda-pompe.org/>) assists in funding research, educating patients and physicians about Pompe and promoting public awareness of Pompe.

Sharon

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