



Coumadin Cookbook: A Complete Guide to Healthy Meals When Taking Coumadin

Rene, M.D. Desmarais

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If you are a coumandin patient, or if you are taking any other anti-coagulant, the amount of Vitamin K you consume each day is crucial to a stable PT/INR. The prothrombin time/INR is the test your doctor used to make sure your Coumadin dose is within the desired therapeutic range. A stable PT/INR is crucial to your good health. This book will be a constant reference for preparing meals and dining out that you will use again and again. Eat foods you thought you could no longer eat on a daily basis? Entertain family and friends and eliminate the guesswork when planning meals. Restaurants can be fun again! Take with you the list of foods low in vitamin K (located in the back oof the book)!

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