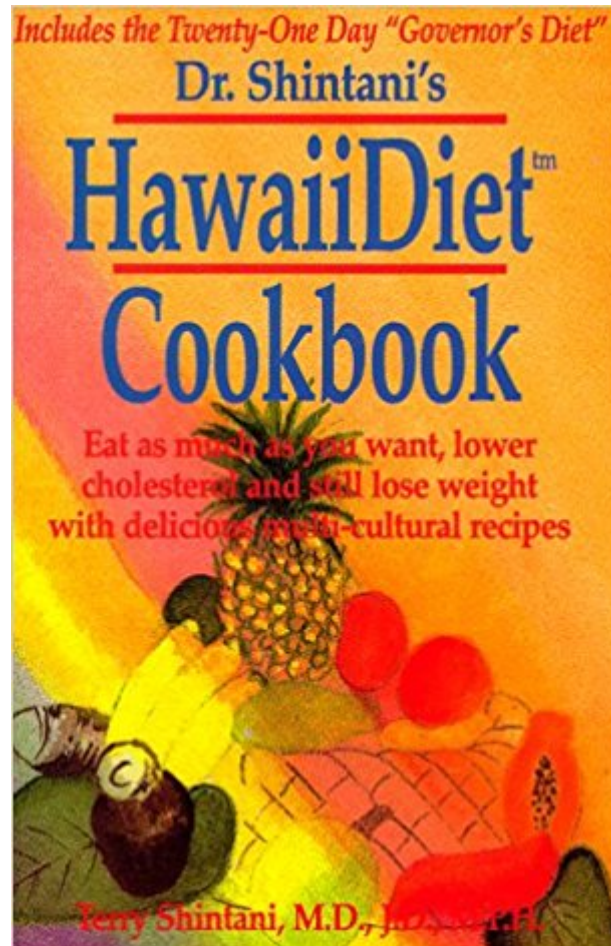




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Hawaii Diet Cookbook



Synopsis

paper back book

Book Information

Paperback: 298 pages

Publisher: Halpax Pub; Third Printing edition (February 1998)

Language: English

ISBN-10: 0963611798

ISBN-13: 978-0963611796

Product Dimensions: 1 x 6 x 8.8 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 3.9 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,265,779 in Books (See Top 100 in Books) #90 in [Books > Cookbooks,](#)

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Customer Reviews

paper back book

Nice book in great condition, arrived very quickly but in essence, it's just another nice cookbook that puts some slightly out of date theories about metabolic syndromes to work in mostly interesting recipes. Not particularly 'Hawaiian' though, but after all the years of cultural fiddling that poor island group probably hasn't settled on just what "Hawaiian" means any more. It's all too common in our mostly post-colonial world so what can you do?

Total wellness book! Got me motivated to do something about my health

I do like a lot of the recipes. .Makes it to where you eat healthier, to turn back a lot of different health issues. Like weight gain, high blood pressure, etc..

It's ok, but not for a vegan.

Good recipes but some of the ingredients are not available where I live.

Once again Dr. Shintani gives us the benefit of his knowledge and experimentation. Hawaii Diet Cookbook takes Dr. Shintani's Eat More Weigh Less Diet into a tropical paradise and provides us with a book of wonderful Polynesian and Asian meals. Each recipe is easy to fix and very tasteful. In this book, Dr. Shintani offers testimony from people who followed this diet and decreased their blood pressure, were able to discontinue medications for diabetes and dropped weight. It is a great book for those who love to cook and eat. I have recommended this book to friends and relatives. Thank you, Dr. Shintani.

I like the recipes. I received it in decent condition.

I found it difficult to acquire the ingredients from this book on the mainland. They are either non-existent here or very expensive if they are available.

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