



Chopper Optional: Recipes for the Recently Toothless (Paperback)

By Donna Wylie

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Ever have those days when chewing hurts? And you were sick of eating yogurt and pudding? Maybe you are recovering from dental surgery and can t eat solid foods just yet. What if I told you there was a way to still eat your favorite junk foods like pizza, tacos, and chili dogs? Nutrition is important to healing. But so is a positive attitude. Being able to eat familiar food is very comforting when you are dealing with a physical trauma, as I discovered from personal experience. This book was born from necessity. In 2015, on my 61st birthday, I had 21 teeth pulled and immediate dentures placed in my numb, bloodied and abused mouth. I was in no shape to chew! The post extraction instructions from the dentist advised a diet of liquids and soft foods while my mouth healed. The sheet suggested foods like broth and yogurt. That s all well and good if you are talking about a matter of days, but I was looking at a matter of weeks! I was fortunate to have the help of...



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