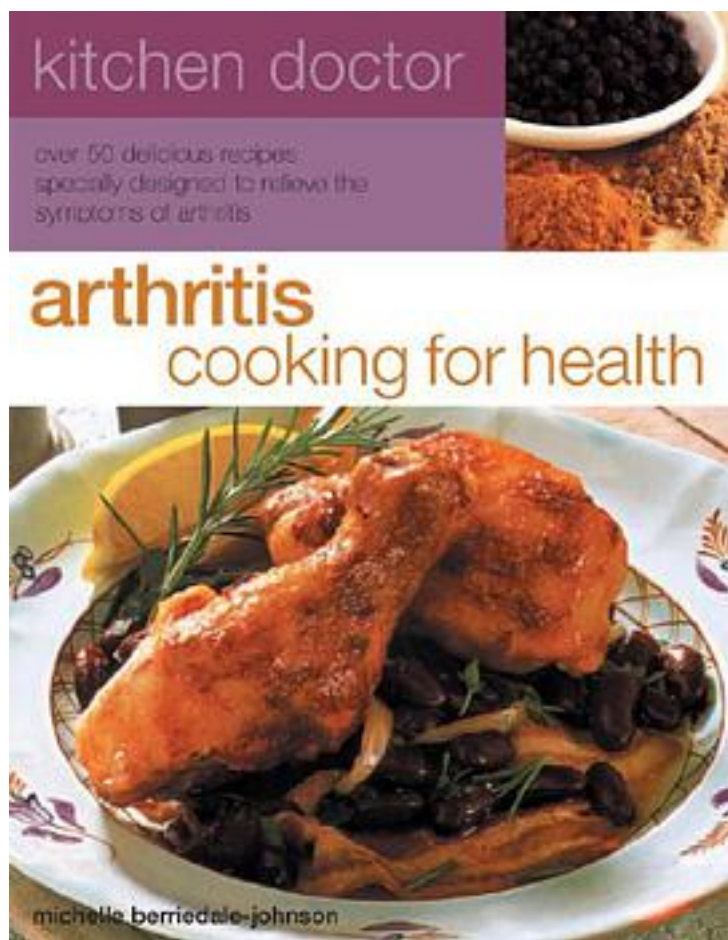


Arthritis Cooking for Health



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Food has a direct impact on the symptoms of many arthritis sufferers. Some foods are beneficial and reduce inflammation, easing the pain of arthritis and allowing the joints to move more freely. Other foods are rich in the vitamins and minerals essential for the

healthy functioning of joints and muscles. Eating the right foods on a generally low-fat, balanced diet will lessen the strain on your joints and help you to feel more healthy. This cookbook aims to make the subject of food, and food itself, more accessible to those who suffer from arthritis. Arthritis is an extremely complex disease and not all sufferers will feel the benefit from a change in their diet. However, most people will feel an improvement from including (or excluding) certain foods. This book will help you to discover what works for you - with practical ideas to help you follow the guidelines.

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