

Arthritis: Over 60 Recipes and a Self-treatment Plan to Transform Your Life (New edition)



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(Prof. Kip Spinka IV)

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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Arthritis: Over 60 Recipes and a Self-treatment Plan to Transform Your Life (New edition), Marguerite Patten, Jeannette Ewin, Freshly jacketed massmarket edition of this bestselling guide to beating arthritis through nutrition. With over 60 delicious recipes from cook Marguerite Patten, who completely eased her own painful arthritic symptoms through diet, and a comprehensive self-treatment plan from nutritionist Jeannette Ewin. Marguerite Patten suffered from crippling arthritis, but was completely eased of her painful symptoms after following Giraud Campbell's original classic arthritis diet, The New Doctor's Proven Home Cure for Arthritis. However, as a cook she found the recipes impractical and often unpalatable- so she set about creating a whole new set of easy to prepare, good to eat, arthritis-beating recipes. The 60 delicious recipes are accompanied by a nutritional plan devised by Harvard medical School trained nutrition expert and author Jeannette Ewin.



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