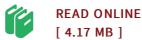




Arthritis: Over 60 Recipes and a Self-treatment Plan to Transform Your Life (New edition)

By Marguerite Patten, Jeannette Ewin

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.



Reviews

This book may be really worth a read through, and a lot better than other. It is really basic but excitement inside the 50 % in the pdf. I realized this pdf from my dad and i encouraged this publication to learn.

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The book is straightforward in study better to comprehend. It is really simplistic but unexpected situations in the fifty percent of the ebook. Its been written in an exceptionally simple way which is simply after i finished reading through this ebook in which basically altered me, affect the way i really believe.

-- Letha Corwin