



THE ESSENTIAL GUIDE for UNDERSTANDING and MANAGING ARTHRITIS

There's a lot you can do to manage your arthritis and improve your overall quality of life, and this book's sound, safe, evidence-based approach provides you with all the necessary tools. You'll find comprehensive information about arthritis and the various therapies available for managing its symptoms, along with a thorough explanation of the impact that diet and eating habits can have on pain and inflammation. Because what you eat can influence how you feel, our experts have included useful data on which foods may aggravate arthritis and which foods may actually alleviate your symptoms, helping you maintain or increase your ability to function.

SECTIONS AND CHAPTERS INCLUDE:

UNDERSTANDING ARTHRITIS: Who Gets Arthritis?; What Causes Arthritis?; How Is Arthritis Diagnosed?; What Other Conditions Are Associated with Arthritis?

MANAGING ARTHRITIS: Lifestyle Changes; Medications for Arthritis; Surgery; Complementary and Alternative Medicine; Nutritional and Herbal Supplements; Dietary Therapy

ARTHRITIS DIET PROGRAM: Arthritis Diet Principles and Practices; Arthritis Diet Cooking Tips; Arthritis Diet Menu Plans

RECIPES: Breakfasts and Beverages; Appetizers and Snacks, Spreads and Sauces; Soups; Salads and Wraps; Vegetarian Mains; Fish and Seafood; Meat and Poultry; Side Dishes; and Desserts

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\$27.95 CAN

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- Easy-to understand, practical advice that has been fully updated based on the most current research.
- Detailed information on medications, procedures, supplements, and food and lifestyle choices that can help you manage your symptoms.
- Includes 125 delicious recipes that support an anti-inflammatory diet, nutrient analyses and scores of shopping and cooking tips.

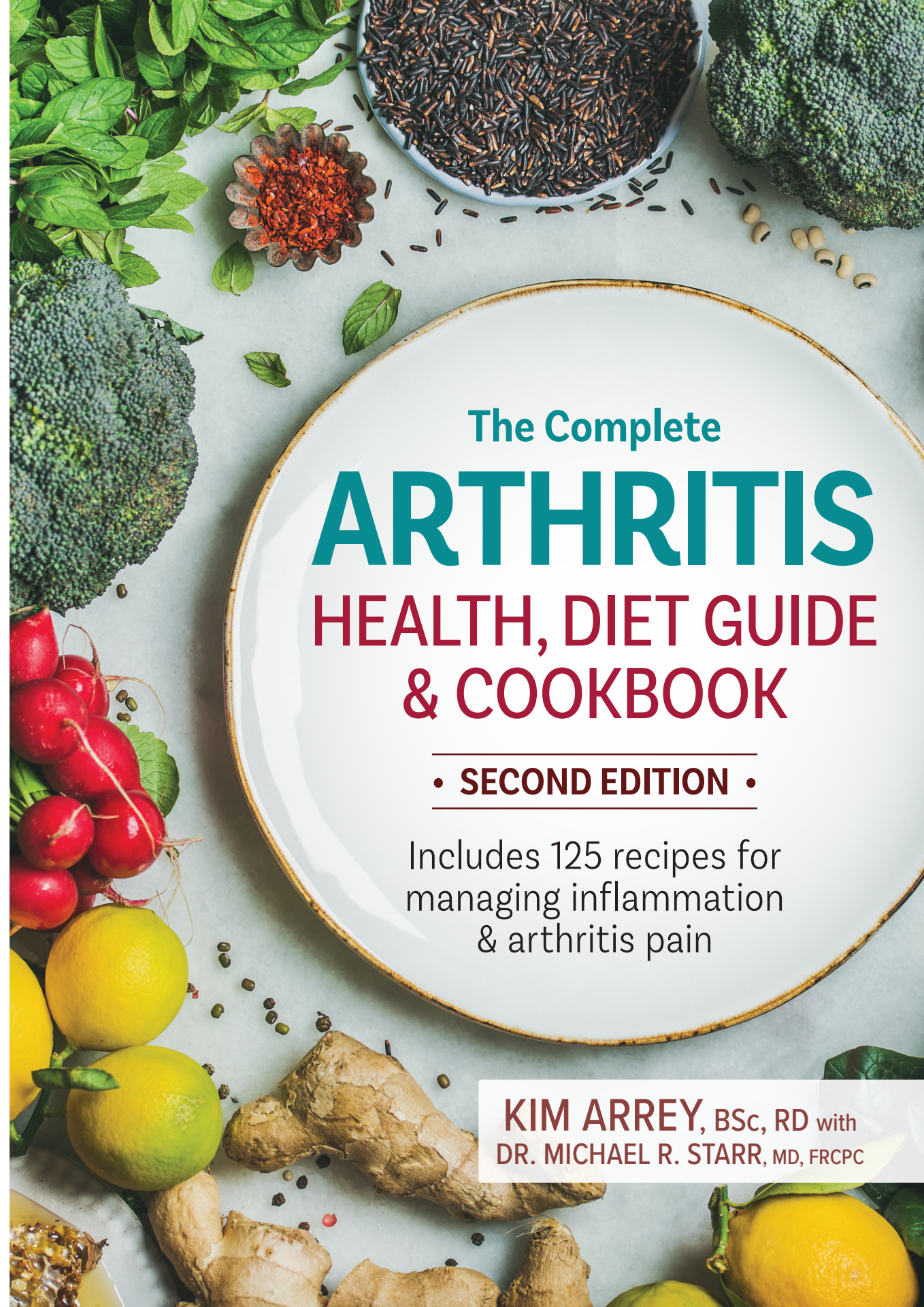
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The Complete **ARTHRITIS** HEALTH, DIET GUIDE & COOKBOOK • SECOND EDITION •

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• **SECOND EDITION** •

Includes 125 recipes for
managing inflammation
& arthritis pain

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