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THE ARTHRITIS DIETARY ESSENTIALS COOKBOOK



William M. Lewis

Author of *Arthritis Dietary Essentials* and *Arthritis Dietary Essentials Cookbook*
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Arthritis Healthy Exchanges Cookbook

JoAnna M. Lund, Barbara Alpert



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The Arthritis Healthy Exchanges Cookbook JoAnna M. Lund, 1998-05-01 Author of the Healthy Exchanges Cookbook has created more than 170 easy and delicious recipes to help you feel your best maintain your health and build a positive attitude while managing your arthritis Fruits vegetables and a good dose of light exercise are important for anyone's health But did you know that in the right amounts they can also lessen or even prevent the pain of arthritis During the development of her Healthy Exercises program JoAnna Lund has found a way to give control back to the arthritis sufferer by creating a wide variety of fare guaranteed to tempt the palate and satisfy the biggest appetites while still being low in fat and sugar Plan your menus from this wide array of down home recipes like Creamy Corn Chowder Pepper Pork Tenders with Rice and Honey Slaw Salad Then enjoy a luscious no guilt treat like Black Forest Cheesecake Peach Blueberry Pie or Mocha Mint Cake Also included are charts listing foods high in vitamins that have been determined to improve resistance to arthritis symptoms With JoAnna's Arthritis Healthy Exchanges Cookbook you can eat well and live healthier happier and in control *The Diabetic's*

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