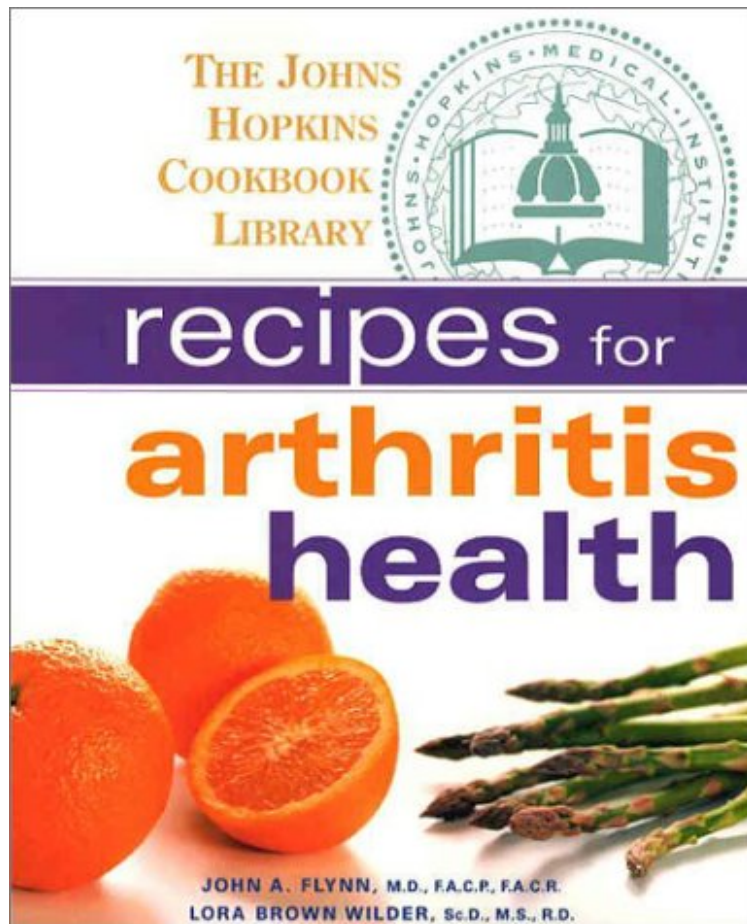


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Recipes for Arthritis Health (Johns Hopkins Cookbook Library)

John A. Flynn, Lora Brown Wilder
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John A. Flynn, Lora Brown Wilder : Recipes for Arthritis Health (Johns Hopkins Cookbook Library) before purchasing it in order to gage whether or not it would be worth my time, and all praised Recipes for Arthritis Health (Johns Hopkins Cookbook Library):

3 of 3 people found the following review helpful. Nutrition for ArthritisBy TennisGirlThis book was an absolute waste of money. It's filled with ordinary nutriton advice, but very, very little pertaining to arthritis. I'd skip it.2 of 3 people found the following review helpful. Arthritis cures?By Tommy B. RobertsIt gives the foods that might exacerbate arthritic conditions and to avoid them and foods that might alleviate some pain from arthritis. Rubbing hot peppers on your skin might be the answer if your not sensitive.0 of 0 people found the following review helpful. Not easy, healthy, or tasty, nor arthritis-specificBy SaraCThe book does not make unrealistic health claims for its recipes, and that's the best that I can say about it. The authors primarily recommend combating arthritis through weight loss and general healthy eating. Because arthritis leads to reduced dexterity, the recipes use a lot of canned and frozen foods to avoid the need for chopping vegetables.We cooked the "Easy Tamale Pie" and it didn't taste very good and didn't seem

that easy or healthy. Before having seconds we added chopped onions, more chili powder, and a little cheddar cheese, and it was much improved. (The cheese isn't healthy, and chopping the onion would be hard for someone with extreme arthritis, but dehydrated minced onions would have been an easy addition to the recipe.)

Text contains recipes using nutrient-dense foods to help those with arthritis maintain normal weight and maximum nutritional health. Each recipe includes a highlighted section containing nutritional data. Softcover.