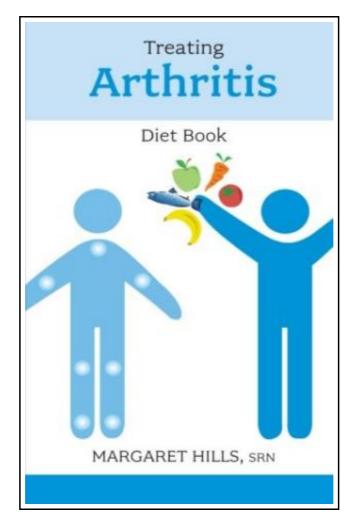
Treating Arthritis Diet Book



Filesize: 2.48 MB

Reviews

An incredibly wonderful ebook with perfect and lucid explanations. I really could comprehended every little thing using this written e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Tomas Flatley)

TREATING ARTHRITIS DIET BOOK



SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Treating Arthritis Diet Book, Margaret Hills, This is a companion to the author's highly successful "Treating Arthritis - The Drug Free Way". It contains a wide selection of recipes, especially for arthritics. These cover hors-d'oeuvres, soups, fish dishes, savouries, salads, meat dishes, poultry and game, desserts, and cakes and biscuits. All the recipes are simple to prepare but delicious to eat! The ingredients are neither elaborate nor costly, and there is plenty of variety combined with good nutrition. If you suffer from arthritis, know someone who does, or want to help avoid it, this book is a must.

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