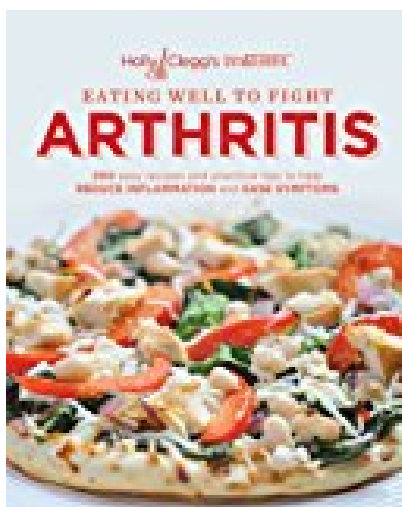


Holly Cleggs trim&TERRIFIC EATING WELL TO FIGHT ARTHRITIS 200 easy recipes and practical tips to help REDUCE INFLAMMATION and EASE SYMPTOMS



BOOK DETAILS

- Author : Holly Clegg
- Pages : 208 Pages
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BOOK SYNOPSIS

Designed for cancer patients and their family, these easy-to-follow recipes focus on foods best tolerated and those to ease the symptoms during treatment. With an oncologists chapter introduction, doctors notes, menu planning, tips, nutritional analysis, diabetic exchanges, the book serves as a guide for nutrition before, during, and after cancer treatment.

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