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# **The Arthritis Diet Cookbook**

Michael McIlwraith



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## The Arthritis Diet Cookbook

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#### The Arthritis Diet Cookbook Michael McIlwraith

A new edition of an examination of how changes in diet may alleviate arthritic pain, which includes recipes to suit the needs of the family as well as the sufferer, with dishes that avoid problem foods such as dairy products, red meat and animal fats.

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