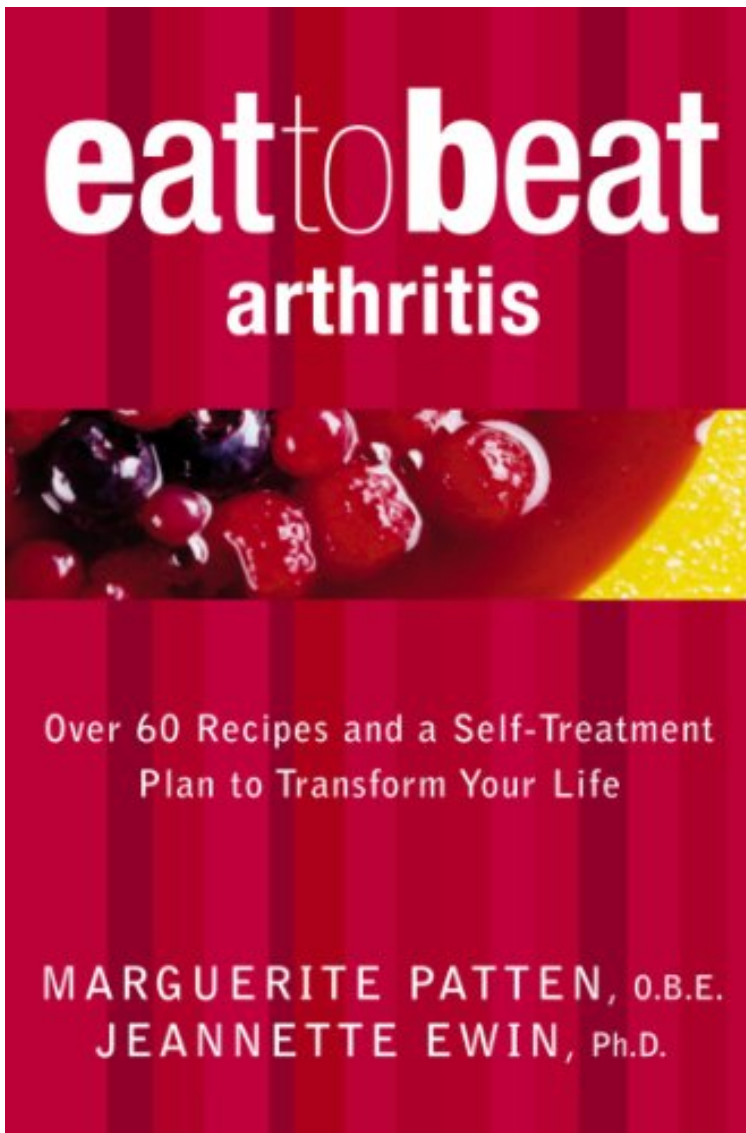


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# Arthritis: Over 60 Recipes and a Self-Treatment Plan to Transform Your Life (Eat to Beat)



*Par Marguerite Patten O.B.E.  
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Campbell's original classic arthritis diet, *The New Doctors Proven Home Cure for Arthritis*. However, as a cook she found the recipes impractical and often unpalatable- so she set about creating a whole new set of easy to prepare, good to eat, arthritis-beating recipes. The 60 delicious recipes are accompanied by a nutritional plan devised by Harvard medical School trained nutrition expert and author Jeannette Ewin.

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