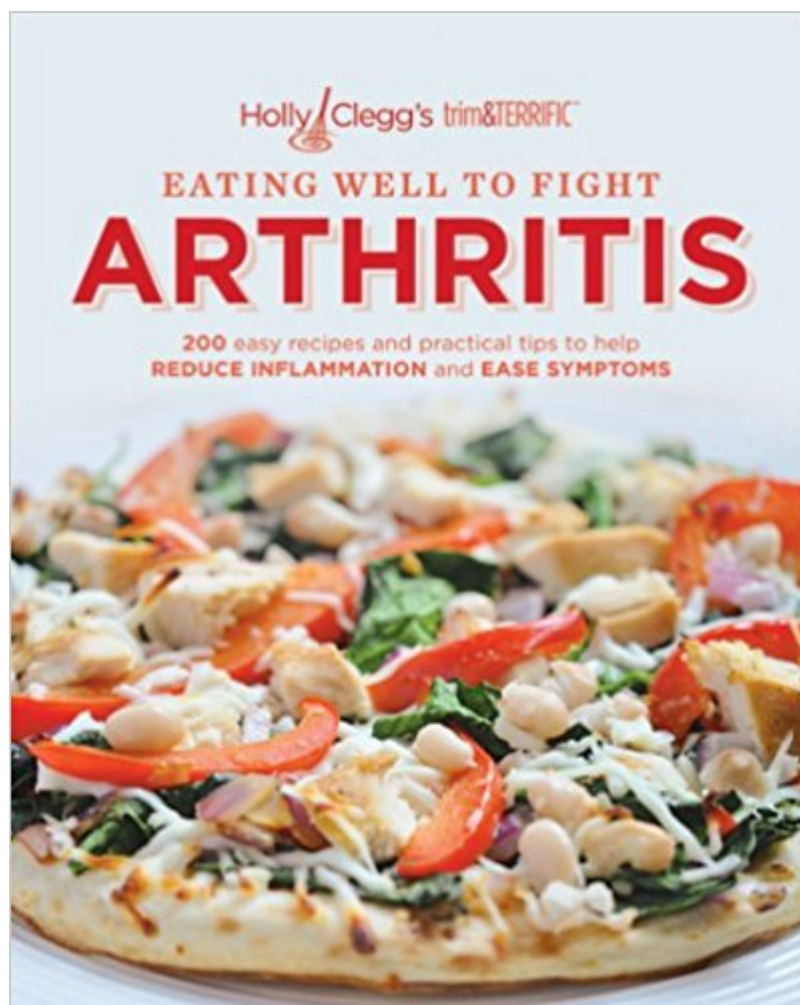


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# Holly Clegg's Trim&TERRIFIC EATING WELL TO FIGHT ARTHRITIS: 200 Easy Recipes And Practical Tips To Help REDUCE INFLAMMATION And EASE SYMPTOMS





## Synopsis

Best EASY ARTHRITIS COOKBOOK with simple, healthy recipes for an arthritis diet. This anti-inflammatory cookbook helps reduce inflammation with delicious anti-inflammatory diet recipes. Best of all, the simple recipes contain everyday ingredients with an easy-to-follow format. Holly recently appeared on The 700 Club and everyone was in awe about the delicious, easy anti-inflammatory recipes. Favorites were the Easy Seasoned Salmon, Southwestern Sweet Potato Salad, Energy Bites and easy-to-hold, BBQ Chicken Pizza--all make this practical cookbook great for healthy family meals. Whether you prefer Easy Diabetic Recipes, Gluten-free Recipes or Freezer-friendly recipes, this basic cookbook guides you with tips and fast recipes for a healthy kitchen and even weight loss!!! Holly tests all her own recipes so you can trust her cooking. Chapters organized by the symptoms they combat: No Fuss Foods: Easy-to-prepare foods light on the joints Anti-Inflammatory Foods rich in Vitamin C, Carotenoids, Omega-3 Fatty Acids Bone Building Recipes: High in Calcium and Vitamin D which Combat Osteoporosis Fight Fatigue: Foods that Boost Energy When Tired Fill Up with Fiber: High Fiber Recipes Toss the Fork: Easy to Hold like sandwiches, pizza... Spice Up Your Life: Recipes with anti-inflammatory spices Cookbook includes: 200 recipes with Full Color-Photographs Nutritional & Dietary Exchange Information Highlights Diabetic-Friendly recipes within ADA guidelines Highlights Freezer-Friendly, Vegetarian, & Gluten-Free recipes Terrific Tips, Quick Recipe References & Shortcuts Nutrition Nuggets: Important Information about Nutrient-Rich Ingredients

## Book Information

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## Customer Reviews

Â Holly's Eating Well to Fight ArthritisÂ is the best resource for anyone looking for easy, delicious, and quick recipes to help reduce inflammation or to help clean up their diet. The ingredients she uses bring the recipes to life but are easy enough to make the recipes week night staples. The cookbook is an overall win and I think every kitchen needs this book!  
Molly Husted, CI-CPT  
Satellite & Community Outreach Coordinator  
Woman's Center for WellnessÂ Fitness | Nutrition | Relaxation | Therapy  
This book is full of great trim&TERRIFICïf recipes--recipes that are full of the antioxidants that help to reduce inflammation--the trigger of much arthritis pain. Â There are also great tips on steps you can take to prepare meals more efficiently, conserve energy and lessen the strain on your joints. Â Regardless of your level of cooking skill, I know you will find many easy to prepare recipes that will very quickly become family favorites!  
Karen Kennedy  
President/CEO Arthritis Association of Louisiana

You might be thinking what is the connection between arthritis and food? Â I believe that what you eat can make a difference and an arthritis diet or an anti-inflammatory diet can help ease the symptoms of arthritis and inflammation. Â I was truly surprised by how many people of all ages are affected as by rheumatoid arthritis as well as the many types of arthritis that exist. Â In this book, I wanted to appeal to anyone that experiences arthritic symptom and inflammation and Â to provide practical, affordable, simple Â healthy recipes that will help you with an anti-inflammatory diet to help fight arthritis, help with weight loss, and a better quality life-style! Â I have also included gluten-free, diabetic recipes and all nutritional information. Â Please think of this book as just a healthy cookbook with easy, everyday recipes that will become a staple in your kitchen.

Will use this book for prepping meals - started the Ketogenic Therapy Diet first as I am type O+ & by eliminating all sugar, refined foods, grains, & starchy veggies was pain free in 3 days!!! Have suffered with extreme knee & hand pain for 15+ years. Lost 5 pounds during the first two weeks! Will maintain the Ketogenic Therapy Diet forever!!!! Not only anti-inflammation, anti-pain - but also kills cancer cells at they require sugar & cannot process healthy fats!

This book is more for the beginner steps to healthy eating. If you're constantly out eating fast food, this is a good simple and quick alternative. If you're already a healthy eater, I didn't find this book to

be very useful and recipes included ingredients that have been shown to aggravate inflammationProsEasy and fast recipesCommon everyday ingredientsEasy explanationsConsRecipes are not very creative or as healthy as I was hoping.Explanations about conditions don't give a full accurate picture and seem more option based more than medically based

Has some great and easy recipes. However I associate arthritis with older people; most of these recipes were for 4-10 servings and the recipes were often difficult to break down for 1-2 servings.

FANTASTIC!!!! Great recipes, easy to prepare and require few ingredients. You don't have to have arthritis to prepare these recipes. I have all of her cookbooks.

I live it. It's a very easy guide that help you in the journey of eating and feeling well.

Holly is an awesome cook and these recipes are great. This recipe book has helped me in what I eat and there are some really good recipes in this book.

I'm using it ever day and the recipes are amazing. Most are so simple that even busy working folks like me can do them in the evening after a tiring work day. The ingredients aren't exotic, hard to find like some cookbooks contain. Love.

Recommend this to any one with arthritis

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Holly Clegg's trim&TERRIFIC EATING WELL TO FIGHT ARTHRITIS: 200 easy recipes and practical tips to help REDUCE INFLAMMATION and EASE SYMPTOMS Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis Arthritis, Types of Arthritis, Cure for Arthritis) Holly Clegg's Trim and Terrific Diabetic Cooking Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune System ... Immune System, Reduce Inflammation Book 1) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune ... System,

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