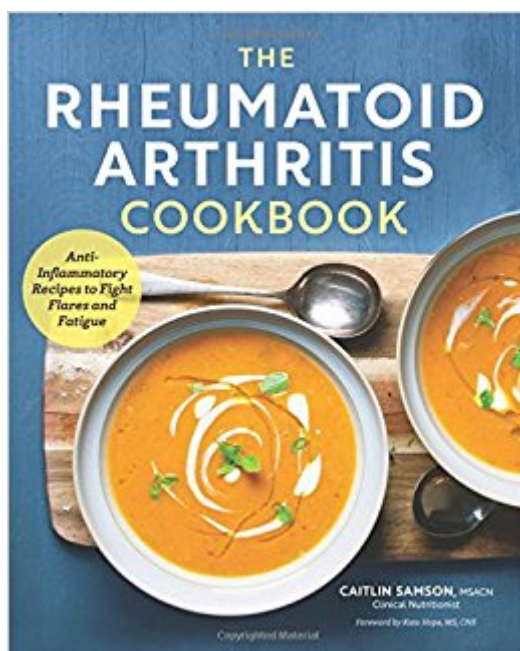


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# The Rheumatoid Arthritis Cookbook: Anti-Inflammatory Recipes To Fight Flares And Fatigue



## Synopsis

In *The Rheumatoid Arthritis Cookbook*, Caitlin skillfully guides you towards improved health with her all-encompassing program that includes valuable, researched information on RA, easy-to-follow meal plans, and delicious, wholesome recipes that will keep you nourished and satisfied.

Kate Hope, MS, CNS If you are one of the 1.3 million people in the US living with rheumatoid arthritis, you're all too familiar with joint pain, fatigue, and even depression. And if you've tried one-size-fits-all anti-inflammatory treatments, you may be disappointed in their side effects or the lack of relief they provide. Though her rheumatoid arthritis symptoms are now under control, author and nutrition expert Caitlin Samson once felt exactly this way. But after many years of frustration and pain, she finally received appropriate nutritional guidance and began managing her rheumatoid arthritis through an anti-inflammatory diet. *The Rheumatoid Arthritis Cookbook* is the first cookbook of its kind, offering recipes specifically geared towards those with rheumatoid arthritis. Revolutionary and comprehensive, *The Rheumatoid Arthritis Cookbook* offers:

- 100 easy recipes that offer big flavors with little prep work
- A 2-week meal plan to get started right away, with guidelines for modifying calories to lose or gain weight
- Up-to-date information outlining the foods that fight (or worsen) inflammation
- A guide to the medicine-diet relationship to better understand how nutrition can balance out the side effects of rheumatoid arthritis medications

In this groundbreaking rheumatoid arthritis resource, Caitlin proves that finding relief from your rheumatoid arthritis symptoms through anti-inflammatory nutrition is possible—and shows exactly how you can do it, too.

## Book Information

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## Customer Reviews

“The Rheumatoid Arthritis Cookbook is absolutely a must-have. The variety of recipes allows for a wonderful and exciting meal plan. In addition to providing encouragement for establishing a healthy mind-body connection, Caitlin does a superb job of explaining the powerful scientific connection between the foods you consume and your health. I am definitely recommending this program to my clients and friends who live with RA.”  
—Karen L. Schuster, MS, CHC, founder of Applied Functional Wellness  
“A thorough and thoughtful look into the impact of nutrition on RA. This cookbook is a wonderful balance of knowledge and tasty recipes. Caitlin presents a hopeful and inspiring journey to wellness based on her own life experiences. As a Clinical Social Worker, I also appreciated the mind/body connection that this book speaks to. I can’t wait to get cooking!”  
—Katie Janik, LCSW  
“The Rheumatoid Arthritis Cookbook provides great knowledge to those that suffer from RA and any autoimmune disorder in general. The book is comprehensive and well written for the everyday reader with helpful tips, grocery lists, and easy recipes with inexpensive, normal ingredients. A refreshing read to take control of your own health naturally through proper nutrition and not pharmaceutical intervention.”  
—Kiersten Ryndak, PT

CAITLIN SAMSON, MSACN, is a Clinical Nutritionist and Exercise Physiologist based in Atlanta, Georgia. Although her formal rheumatoid arthritis diagnosis came when she was twenty-five, Caitlin’s symptoms began at just five years of age. She is the owner and founder of True Food & Wellness, which provides nutritional services to patients living with autoimmune diseases, digestive complications, Lyme disease, diabetes, and other chronic health conditions.

Happy to get the book. It has great information and great recipes.

Great book. User friendly. I bought a second one for my sister n law.

Anything helps! If you have serious arthritis you need to include diet everyday.

I bought this book for my Mother as she is a poor eater which i think contributes to her arthritis and joint pains. While i do not expect to start whipping up meals with these good-looking recipes, the information in the front of the back has been very valuable to help her understand why certain foods would help. What types of foods in general she should eat like Monosaturated fats... so easy for her to do since she likes avocados and nuts. She also has been told that turmeric is a good herb for

inflammation and joint pain but she did not know how to incorporate that into foods. This book has recipes. I was really happy with the foreword information and plain-talk explanations that my mother can read and understand. For that the book has been invaluable.

The Rheumatoid Arthritis Cookbook is written by a clinical nutritionist who has rheumatoid arthritis. The book is separated into ten chapters. The first chapter discusses the connection between rheumatoid arthritis and food. The remaining chapters are recipes: breakfast, sauces, side dishes, soups, salads, vegetarian, seafood, poultry and meat, and desserts. The recipes are easy to follow, but not for someone who is making an initial change in diet. This book is better for those who have followed an anti-inflammatory diet for a while and are looking for new recipes. I would also like to see more photos of the finished recipes. I received this book for free from the publisher.

Pretty awesome cookbook. I don't have rheumatoid arthritis but love to have cookbooks for all instances. Love the recipes, they sound absolutely delicious. Lots of variety to satisfy any food craving. Very healthy choices, and easy to follow steps. Very well written, would recommend checking this cookbook out. I am excited to try these recipes. It is wonderful to read about what a person with rheumatoid arthritis should eat to get what they need out of foods. Perfect addition to my collection.

Although I don't suffer from RA, this book is a great resource for anyone who wants to ensure they are fueling their body in the best possible ways. I like that there are intro pages with explanations and information -- that's always a great addition. Information is powerful, and knowing how foods react with the body is helpful. I haven't tried many recipes yet, but I cook enough to know whether or not a recipe will "work" -- I've only had this -- and a few other choice cookbooks for a couple of weeks, so can't try everything at once. Many of the recipes will take some advance planning, but that's so much better than convenience foods/prepared mixes. I'm looking forward to putting this into my rotation of cookbooks when I'm out of ideas or tired of the same old meals.

Although this book is called, The Rheumatoid Arthritis Cookbook, those who do not suffer from arthritis, can use it. There are many delicious recipes in it. I've tried the, Papaya Rice Bowl, along with the, Mixed Vegetable Stir-Fry ( pages 106/107). They were yummy. This book contains recipes for meals, as well as, condiments to go along with them. I've been hearing and reading of using foods for healing. This book explains how, Ginger, Turmeric, Cinnamon, Cloves and Garlic contain

healing properties. And they make food taste good. All these recipes are simple to make. I received this book free from the publisher, for my honest and unbiased opinion.

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