

The **EXECUTIVE CHEF'S** **ARTHRITIS**

COOKBOOK & HEALTH GUIDE

Created by Prentiss Carl Haupt, Certified Executive Chef
and James McKay, M.D. Rheumatologist



Arthritis Friendly Diet

Alternative Treatment For Arthritis

21st Century Therapies

Herbs & Supplements For Dietary Wellness

Nutritional Components of Recipes

The Executive Chefs Arthritis Cookbook Health Guide

William Shurtleff, Akiko Aoyagi



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