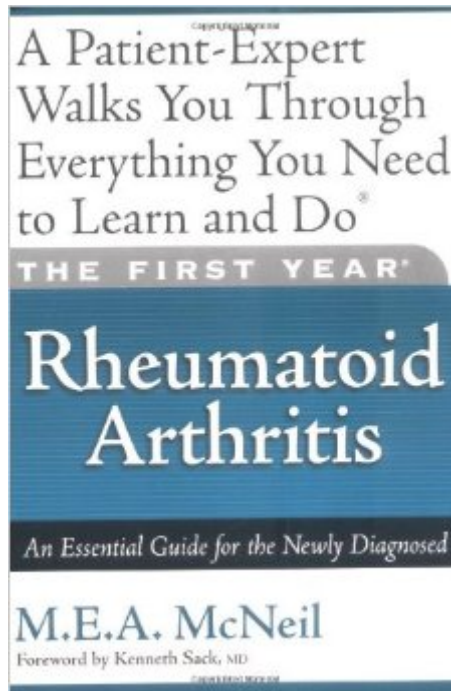


The book was found

The First Year: Rheumatoid Arthritis: An Essential Guide For The Newly Diagnosed



Synopsis

Rheumatoid arthritis (RA), a disease characterized by inflammation of the joints, is one of the most disabling forms of arthritis and affects over two million people in the United States. Without proper treatment it can lead to long-term joint damage, chronic pain, loss of function, and disability. From the first moment of her diagnosis, author M.E.A. McNeil took charge and educated herself on every aspect of her condition. Now, as a "patient-expert," she guides those newly diagnosed step-by-step through their first year with RA. McNeil provides crucial information about the nature of the disease, treatment options, diet, exercise, social concerns, emotional issues, networking with others, and much more. *The First Year*®: Rheumatoid Arthritis is an essential resource for everyone who wants to be an informed, active participant in the management of their condition.

Book Information

Series: The First Year

Paperback: 320 pages

Publisher: Da Capo Press; 1 edition (December 21, 2005)

Language: English

ISBN-10: 1569243646

ISBN-13: 978-1569243640

Product Dimensions: 6.1 x 0.7 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviewsÂ (137 customer reviews)

Best Sellers Rank: #34,799 in Books (See Top 100 in Books) #19 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #32 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #37 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Customer Reviews

This book (and Van Vorous' other work) has helped me tremendously. My symptoms were debilitating. When I was diagnosed, I asked my gastroenterologist if there were any diets in particular that might have an impact. He said "It's different for everyone." And while that is true to some extent, he didn't even mention that caffeine and alcohol were triggers, let alone fats and insoluble fibers. When I discovered this book and started following the guidelines, my condition improved dramatically. Before I discovered this book, I could not have gone near a half-cooked, let alone raw, vegetable without getting sick. Whole grain cereal, oatmeal, or pasta would have caused

excruciating pain. But after first following the guidelines to the letter, I was eventually able to incorporate more of these foods--in the right amounts, combinations, and at the right time of day--into my diet. For those who have critiqued this diet because it tells you to eliminate insoluble fibers, you need to reread the title. This is titled "The First Year." You don't have to eat like this forever, just until your gut is under enough control to tolerate such foods. And the fact is that you're never going to be able to go on Atkins diet, but you don't have to eliminate insoluble fibers completely. You do, however, have to limit your portions, eat your insoluble fibers after you've consumed a good soluble fiber base, and recognize that certain times of day are worse when it comes to eating insoluble fiber. For me, the morning is the worst time, so I don't have salads or raw vegetables for dinner. That simple. Another critic claimed that this diet is not good for the constipation form of IBS.

[Download to continue reading...](#)

Arthritis: Arthritis Relief for Osteoarthritis, Rheumatoid Arthritis, Gout, Psoriatic Arthritis, and Juvenile Arthritis. Follow The Arthritis Diet, Cure and Treatment Free Yourself From The Pain The First Year: Rheumatoid Arthritis: An Essential Guide for the Newly Diagnosed The First Year: Hepatitis C: An Essential Guide for the Newly Diagnosed (First Year, The) The First Year: Type 2 Diabetes: An Essential Guide for the Newly Diagnosed (The Complete First Year) The First Year: Cirrhosis: An Essential Guide for the Newly Diagnosed The First Year: Type 2 Diabetes: An Essential Guide for the Newly Diagnosed The First Year: Celiac Disease and Living Gluten-Free: An Essential Guide for the Newly Diagnosed The First Year: HIV: An Essential Guide for the Newly Diagnosed The First Year: IBS (Irritable Bowel Syndrome)--An Essential Guide for the Newly Diagnosed The First Year: Crohn's Disease and Ulcerative Colitis: An Essential Guide for the Newly Diagnosed The First Year---Hepatitis B: An Essential Guide for the Newly Diagnosed The First Year: Multiple Sclerosis: An Essential Guide for the Newly Diagnosed The First Year---Parkinson's Disease: An Essential Guide for the Newly Diagnosed The First Year: Age-Related Macular Degeneration: An Essential Guide for the Newly Diagnosed Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid (Dr. Peter D'adamo's Eat Right for Your Type Health Library) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) A Meditation to Help You with Rheumatoid Arthritis or Lupus The New Arthritis Cure: Eliminate Arthritis and Fibromyalgia Pain

Permanently Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes!
(2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil
Recipes, Aromatherapy)

[Dmca](#)