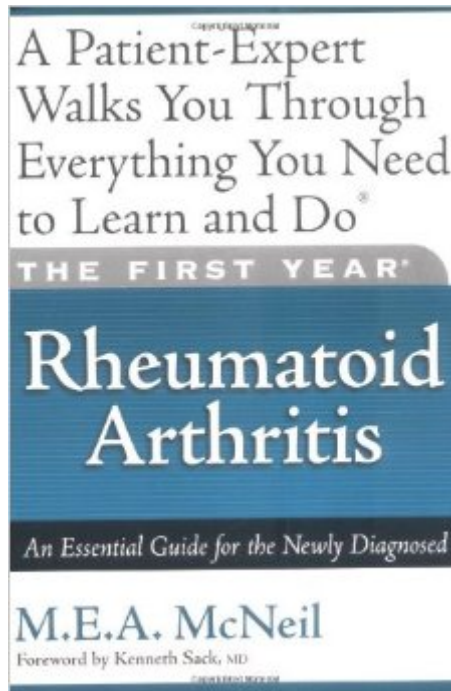


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# The First Year: Rheumatoid Arthritis: An Essential Guide For The Newly Diagnosed



## 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

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## 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.

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