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## **Introduction**

This book offers a comprehensive guide to equip those affected by joint and arthritic conditions with a sound and trusted foundation of nutritional advice and support. It aims to empower readers with the understanding and practical knowledge to optimise health and well being through evidence based nutritional therapy.

Based on the latest research and practice, this book covers the importance of nutrition and how to apply important principles to the diet. Part 1 offers targeted advice for those suffering from; rheumatoid arthritis, osteoarthritis and gout. Part 2 offers useful chapters to pick and choose from – simply read those most useful.