



# The Polymyalgia Rheumatica Diet

*Susan Parker MAT*

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## **The Polymyalgia Rheumatica Diet** Susan Parker MAT

Polymyalgia rheumatica might mean that you are suffering from chronic pain right now – but with the right medications and proper diet, it doesn't have to stay that way. Many studies have shown that dietary changes, along with exercise and stress-reduction can actually be an effective way to treat the condition. This can lead to a reduction or even elimination of medications. Following a low-fat, low-meat diet reduces your risk of developing giant cell arteritis – a serious complication of PMR. Changing your diet is a process – it's difficult to radically change your diet overnight. However, following the recipes included in this book will help you tailor your diet towards the polymyalgia rheumatica diet that's recommended by medical professionals. This groundbreaking cookbook contains delicious recipes from all corners of the globe, sure to tickle your taste buds.

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